

Personal Development



BATLEY GIRLS'
HIGH SCHOOL

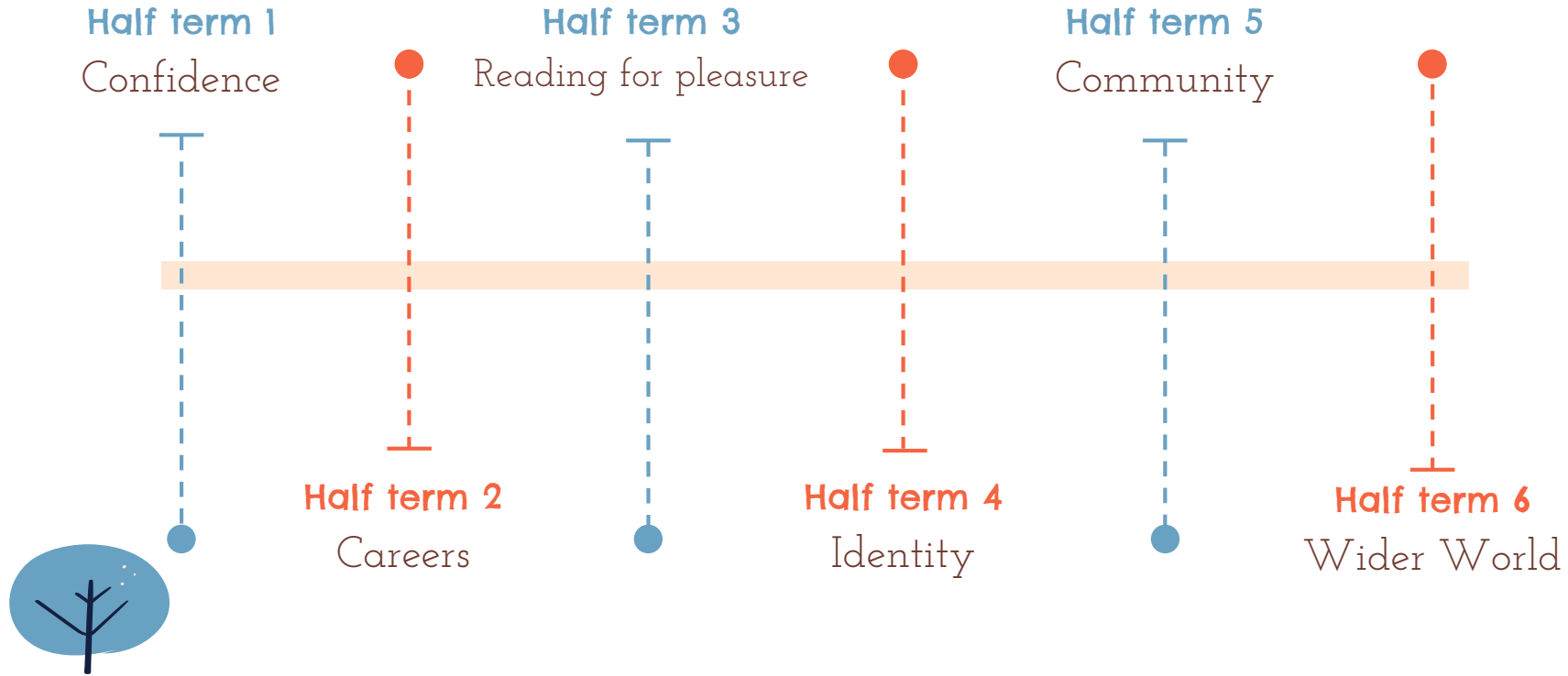
VISUAL ARTS COLLEGE



Education is
about so much
more than
academia!



How we will develop ourselves?





BINGO!

Can you get them all?

Try out our tempting tasks to develop yourself. The Bingo sheet is to complete in your own time.

There are prizes for those that do!



Take up a new hobby
and chart your progress

Face a fear

Try something you have
failed before

Confidence
Empower yourself

Volunteer to read aloud
in English

Travel to a new place
independently

Cook a meal
independently

Enter a competition

Create a budget plan
and save up for
something you would
like to buy

Offer your services to
someone else e.g.
washing cars/baking.





CATEGORY: Wider World

ACTIVITY COMPLETED: Tackle a personal fear, e.g. spiders.

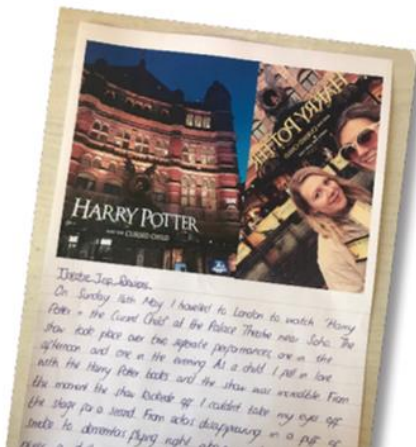
EVIDENCE: Photo / write up of you facing your fear. How did you overcome it?



CATEGORY: Wider World

ACTIVITY COMPLETED: Review of a theatre trip.

EVIDENCE: Written review, tickets, personal star rating and photos.

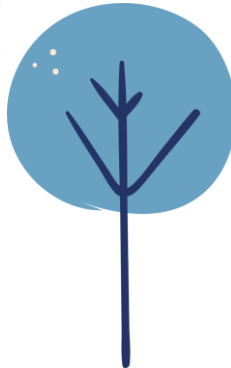


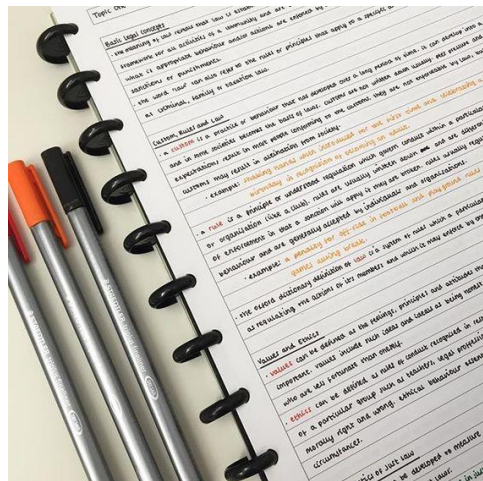
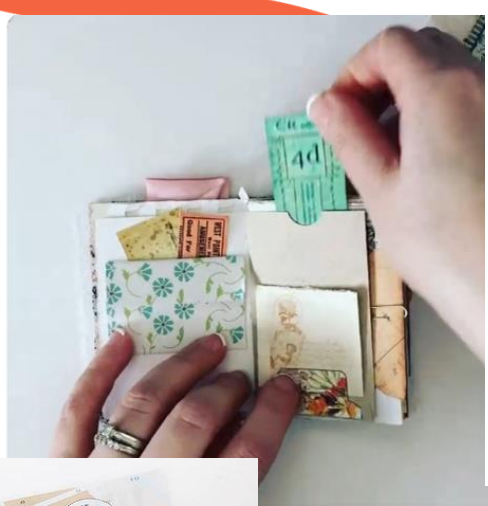
CATEGORY: Community & Care

ACTIVITY COMPLETED:

Care for a pet.

EVIDENCE: Written guide to caring for a pet, along with tips and advice. Photo of you with the pet.





How to present
your evidence





In school tasks.

Complete the following
tasks during everybody,
everyday.

This half term's tasks are of course all
about building confidence



Confidence

Self-confidence is a part of your mental health and well-being. It's based on your perceptions and the way that you think about yourself or your abilities. But remember, your own thoughts can be flawed. That's why it's important to always remember that self-confidence is rarely related to your actual skills or abilities - it's actually all in your head. These tasks take confidence but also help to improve it, take a leap!

