



# PHASE 1: LIFE SKILLS

CHALLENGE BOOKLET



# Challenge: 1.4

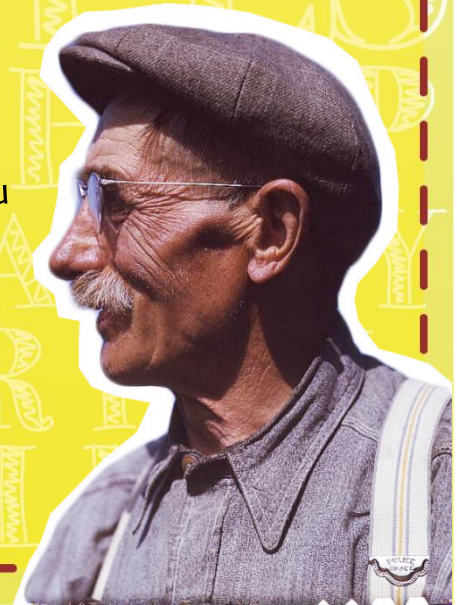
Potential is succeeding in life  
in spite of difficulty and  
challenges

## Resilience

**Interview an older person in your family or local community. Ask them these three questions:**

- What has been the greatest joy in your life?
- What has been your greatest challenge and how did you deal with it?
- What advice would you give to young people today?

*Remember to be safe, sensitive,  
respectful and polite...*





# PHASE 2: *Leading Edge*



CHALLENGE BOOKLET





# Challenge: 2.2

Grace is supporting those  
who cannot support  
themselves

## Entrepreneur Skills

Organise or take part in a  
fundraising activity to raise money  
for any charity you choose.

Ask family/ friends to sponsor you outside of the  
academy OR you could help with fundraising for  
an existing project that the Academy is already  
doing (Cancer Research/ Comic Relief etc)





## PHASE 3: Community Champion



CHALLENGE BOOKLET



# Challenge: 3.1

Grace is being supportive and kind to others even if you get nothing back in return

## Volunteering

Complete at least two hours of volunteer work either within the Academy or in your wider community (please make sure this activity is safe for you to be part of and your parents/carers are happy with you doing this).

Ask your tutor for ideas of where and how to volunteer if you are not sure what to do.





# Challenge: 3.2

Potential is getting involved in activities that will help you enjoy and achieve

## Community Participation

Take part in a club, group or activity outside of school hours for at least a month long period. This can include enrichment and sports clubs as well as something like a youth club, scouts or a Dance School.

If you are already doing this regularly it counts to get it signed off now!



# Challenge: 3.4

*Respect is understanding  
the views of others*

Interview an adult in your local neighbourhood who is not part of your immediate family. They could be a neighbour or an owner of a local shop or someone else you know in the community.

## Community Cohesion

Ask them the following question:

What is your biggest fear or concern about young people in this area?



Afterwards think of ways that could change  
people's perspective on young people in this area.





# Challenge: 3.5

*Excellence is sharing  
your best with others*

Research one of the companies from the below list and find out ways that they work with and help their community or benefit others beyond just the products they sell.

TOMS SHOES/ MCDONALDS/ TESCO/  
DOVE/ STARBUCKS

Write a report on an **A5**  
sheet of paper about what  
you have found out.



Business Links

