

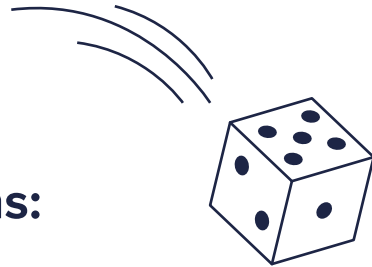
5 MINUTES OF POSITIVITY.

Form time, distance learning or PSHE task.

Headline Partner:



Instructions:



- Find a dice (or use the online dice roller on Google).
- Roll the dice.
- Find the segment.
- Complete the 5 minute task and write inside the segment.
- Repeat until all 6 sections are done.
- Discuss your results. What did you discover?

1. My top three skills.

2. My best subjects.

3. Something I'm proud of.

4. Something I need to improve.

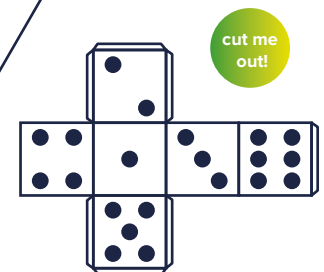
5. 3 positive words to describe me.

6. How could I help others?

Me

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NCW



10 MINUTE CAREER FINDER: TEN IN TEN.

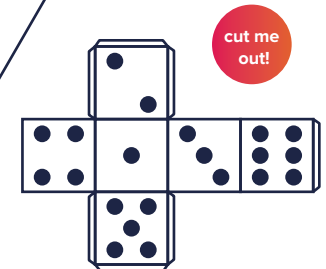
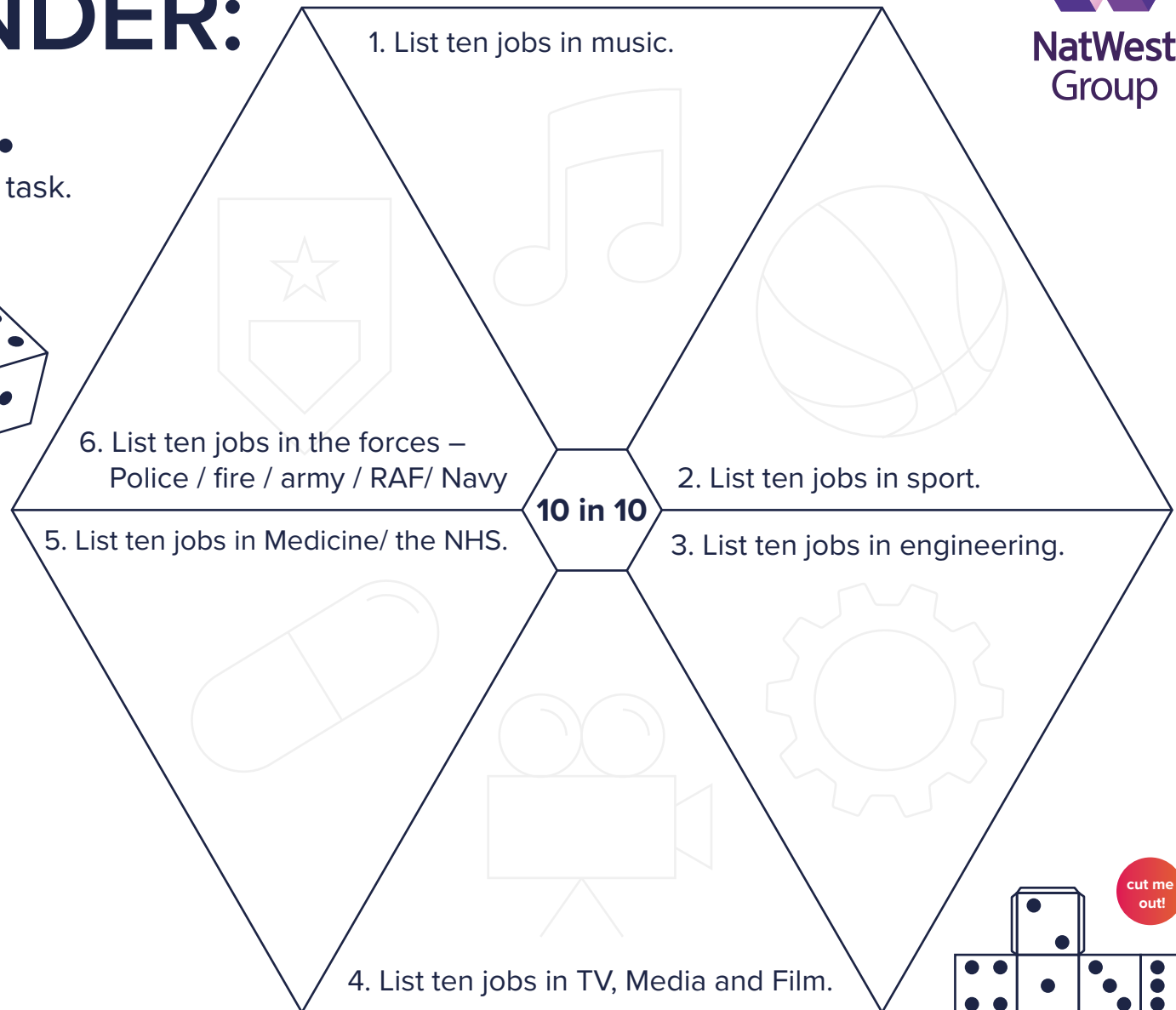
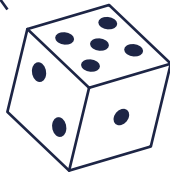
Form time, distance learning or PSHE task.

Headline Partner:



Instructions:

- Find a dice (or use the online dice roller on Google).
- Roll the dice.
- Find the segment.
- Complete the 10 minute task and write in the segment. (Use NCWTV.co.uk and BBC Bitesize Careers for reference).
- Repeat until all 6 sections are done.
- Discuss your results. What did you discover?



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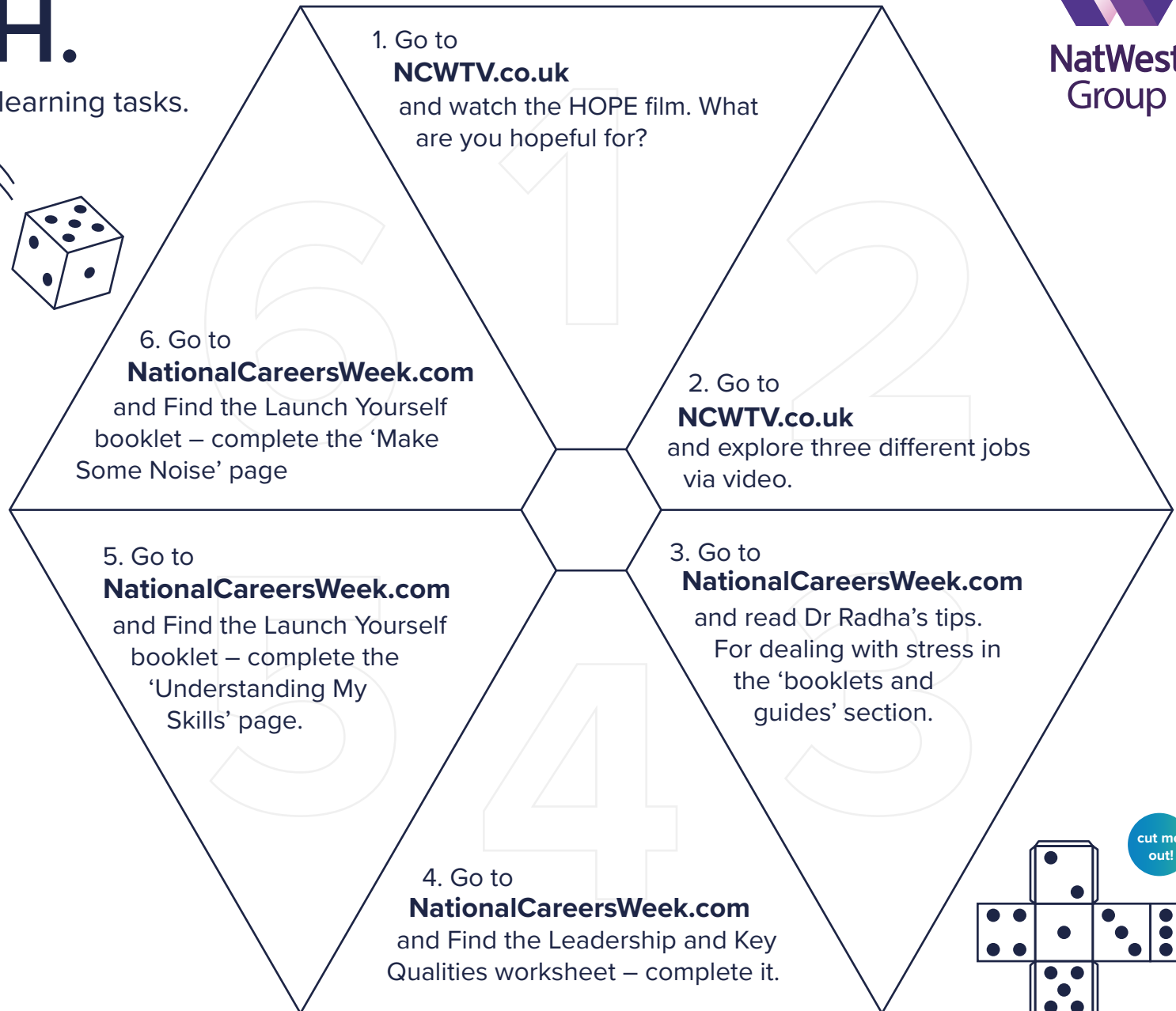
NCW

15 MINUTE CAREER RESEARCH.

Form Time activity or distance learning tasks.

Instructions:

- Find a dice* (or use the online dice roller on Google).
 - Roll the dice.
 - Find the segment.
 - Complete the 15 minute task and write in the segment to confirm. You've done it.
 - Repeat until all 6 sections are done.
 - Discuss your results. What did you discover?
- * Alternatively set in sequence.



Headline Partner:



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