## NEWSLETTER





27<sup>th</sup> November 2023

## Skills Builder Challenge – Aiming High

Think of a task that you do on a regular basis. For example, brushing your teeth or reading a book. What do you need to do this task really well? For example, to concentrate on reading, you might need to remove distractions or find a quiet place in the house. Once you have completed this task, how do you know that you have completed it well? How does it feel when you have done something well?

