

## **Developing life skills including:**

- Tell the time
- Tie shoelaces
- Have a CV

- Make pancakes
- Use a bus timetable
- Flip on a trampoline

- Pump a bike tyre
- Send an email
- Interpret road signs

## **Building cultural capital visits:**

A church

- Blackhall rocks
- The cenotaph

- Hadrian's wall
- Preston park
- Captain Cook trail

Beamish

- Tees Barrage
- A mosque

## **Building social capital including:**

- Plant bulbs
- Play on a team
- Black history month

- Attend a student council meeting
- Be in the school news
- Make a gingerbread house

- Carve a pumpkin
- Art on display
- Visit 2 colleges

## Developing outdoors and resilience skills including:

- Go sledging
- Navigate using a map
- Observe a bird of prey

- Build a twig tower
- Hike 5 miles
- Use a campfire

- Collect sea glass
- Go kayaking
- Use camouflage















