



# THE AMBROSE 'BE SECONDARY READY' HALF TERM CHALLENGE

Each week, over the next half-term, you will be set a challenge to help you to prepare for moving to Ambrose. To get you started, have a go at completing these challenges over the holidays. They will all help you to build the skills that will help you at secondary school.

## CHALLENGE 1: BE INDEPENDENT

Take on a new household chore/ task to help the adults in your house e.g. washing up; making breakfast for your family; cleaning up your bedroom without being asked!

## CHALLENGE 2: BE ORGANISED

Each week, make a list of all the fun things you will do during 'lockdown'. This might include something new such as learning to speak a language or starting a hobby you've not done before. Aim to do a different thing that you enjoy each day. Plan when you will do it and how long you will spend on it.

## CHALLENGE 3: BE A RESPONSIBLE CITIZEN

What are the qualities of being a good role model? Which ones do you possess? Think about who your role model is and why.

## CHALLENGE 4: BE RESILIENT

Create a 'happy' jar / box. Each day, on a piece of paper, write down something that has gone well or has made you happy and pop it inside your 'happy' jar to read at a later date.

## CHALLENGE 5: BE READY FOR LEARNING

Create a poster about what makes a 'good learner'.



Let us know how you are getting on with each of these challenges by tweeting the Ambrose Transition Team @ SABTransition or by emailing Miss Matthews (jane.matthews@salford.gov.uk)