

Introduction



In every person's mind there is a magical place,
A land full of learning, where skills grow at pace.



It's called Meta Skills Land, there's always adventure,
Where twelve meta-skill helpers make learning a pleasure.



They help you learn, explore and play,
To make sense of the world in your own special way.



Self-management



The self-management team are always busy,
Managing thoughts, emotions and behaviours could make anyone dizzy.
But Focusing Fergus helps keep you on track,
Ensuring distractions won't hold you back.

Integrity means doing what is right,
Even when you're out of sight.

Choosing to be honest and fair in all that you do,
Integrity Imani shows you the value in staying true to you.

When things don't go to plan and life feels tough,
Adapting Aleksander reminds you, "You are resilient and strong enough".
Initiative Ivy helps you take action and decide what to do,
Believing in yourself will help you try something new.



Social intelligence

When you want to connect with others, the social intelligence team steps in,
Helping you build relationships; it all starts from within.



Communicating is like playing on a seesaw ride,

With speaking and listening taking turns on each side.

Communicating Cate helps you tell stories and express what you know,
She encourages you to listen to help your understanding grow.

Feeling Felix helps you recognise emotions from the inside out,

Guiding you to understand what other's thoughts and feelings are about.

It doesn't matter if you're in groups of 3, 33 or anything in-between,

Collaborating Cora helps you reach goals together by working as a team.

If your team starts to tire and you need some inspiration,

Leading Li will help you boost their motivation.



Innovation

The innovation team activates when there's a challenge to be solved,
Helping you use your sense of wonder and imagination until the problem is resolved.



If there's something you don't know, Curiosity Carlos will be there,

Helping you observe and ask, "Who, what, when, why, where?"

It's okay if lots of new information starts to make your head spin,

Sense-making Samira will help you sort it into themes so you can take it all in.

"Let's invent something new with our learning!" Creativity Cassidy remarks,

Imagining new solutions and ideas, she ignites your creative spark.

Ideas come in all sizes, from big to small,

But will your ideas work? Critical Thinking Chris helps you evaluate them all.

Testing predictions until you agree,

That the solution you've found is the best it can be.



Reflection

In Meta Skills Land the adventure of learning never ends,
There's so much to discover and you can do it with the help of your meta-skill friends.

From managing yourself, to connecting with others,
Solving problems and discovering wonders.

Each skill you learn and lesson you take,
Prepares you for challenges and the choices you make.

And if you don't believe me, please take some time,
And think, how many meta-skill helpers helped you understand this rhyme?

