Aim	
Building on the previous lesson 'Introduction to Meta-skills' pupils have the opportunity to further explore meta-skills and start to consider how they can develop their own meta-skills.	
Curriculum Links (Mapping)	
CFE • HWB 3-19a - I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.	**Career Education Standard 3 – 18** • I can demonstrate and apply the skills I have across the curriculum in relation to the world of work. • I can identify my interests, strengths and skills and use them to make informed choices.
Learning Intentions Young people will: • Understand why meta-skills are important. • Reflect on why they need to develop their meta-skills. • Explore how to develop their meta-skills.	**Success Criteria** Young people will be able to: • Identify which meta-skills they would like to develop. • Plan how they will start to develop their own meta-skills.

	Description	Resources	Time
1.	**Introduction – Why are meta-skills Important?** Building on the previous lesson 'Introduction to Meta-skills' explain to pupils that as well as identifying which meta-skills they are using we are now going to look at how they can develop their meta-skills.	Developing meta-skills PowerPoint	10 mins

	Using slides 3 and 4 recap what meta-skills are and discuss with class. Refer back to the pupil worksheet from the previous lesson when pupils identified their meta-skills. Ask the class for examples of when they have used meta-skills since the last lesson - either inside or outside school.	Slides 3 & 4	
2.	**Activity - Why do learners need to develop their meta-skills?** Explain to the class that even though we have identified when we are using our meta-skills, it is important that we think about *how* we develop these skills. Understanding our own meta-skills better can help us to learn and think for ourselves more effectively. Let's take a closer look at why meta-skills are so important. • Split the class into groups. (4 x groups is ideal) • Using the blank Thought Bubble sheet, give each group 1 meta-skill from each theme (Innovation, Self-management and Social Intelligence). • Ask the groups to discuss and complete the blank thought bubbles with why they think it is important to develop that meta-skill (Note: there are no wrong answers). • Using the PowerPoint slides 6 – 17 for comparison or ideas, ask for volunteers from the groups to share their results.	Developing meta-skills PowerPoint Thought Bubble handout Slides 6 – 17	20 mins
3.	**Questions** On the Pupil Worksheet - Ask learners to answer questions 1&2. 1. *Which meta-skills do you want to develop?* 2. *Why you want to develop these meta-skills*	Pupil Worksheet	

4.	**Activity - How do we develop meta-skills?** Having given some thought to why we need to develop our meta-skills, we need to now consider *how* do we do this? Using the slides 20 - 22 have a discussion about Lewis, noting how he improves his contribution to the group task by developing his **Communication and Collaboration** meta-skills. As already discussed, meta-skills are not developed in isolation, you should also highlight to the class that Lewis is also developing other meta-skills alongside Communication and Collaboration - such as Feeling, Leading, Initiative, Creativity etc.	Developing meta-skills PowerPoint Slides 20 - 22	15 mins
5.	**Question -** Using the Pupil Worksheet ask pupils to complete the questions: • Which meta-skills would you like to develop further? • Why would you like to develop these meta-skills? • How will you start to develop these meta-skills?	Pupil Worksheet Slide 23	
	Summary Use the points on Slide 24 to summarise developing meta-skills.	Slide 24	
	Follow up Next lesson in this series is Self- Evaluating Meta-skills using the Self Evaluation wheel on the SDS meta-skills toolkit.		