

# Learn a new skill with Squeezy

To help learners understand the commitment and practice required for learning a new skill.

## Ages

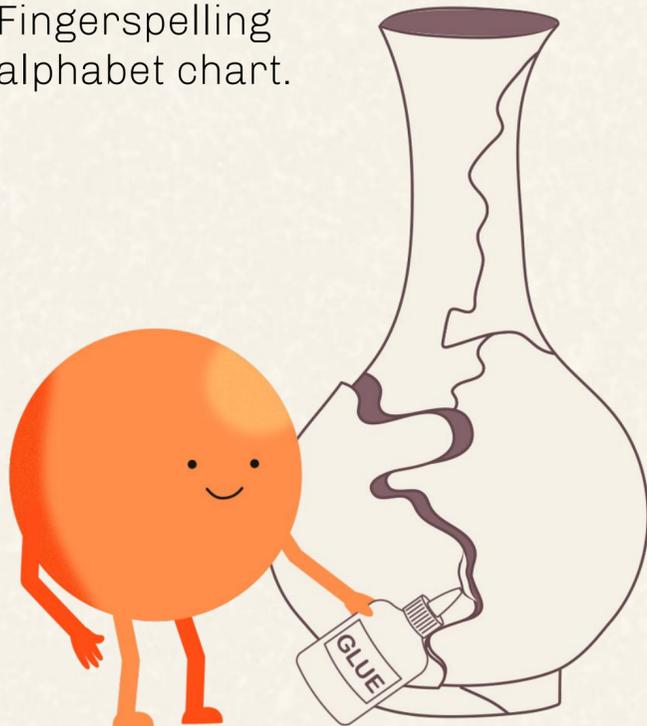
11-18 Years Old

## Duration

20 Minutes

## What You Need

Fingerspelling alphabet chart.



Learners will learn a new skill that can be taken home. Understanding that learning a new skill requires practice and commitment.

### Learning Objectives:

- All learners can identify the importance of learning new skills.
- Most learners can explain how learning new skills can make you feel greater self worth?
- Some learners reflect upon how learning new skills can also help others.

### Activity:

Applying simple methods, one step at a time you can learn and absorb a new skill. Learning a skill that could also help others when in need is well worth learning. Take a look at this example: <https://www.youtube.com/watch?v=hy0tMu2eLVI>

Learners will learn how to sign the opening dialogue 'hello, what is your name' and 'hello, my name is...'. We will then practice signing alone, in pairs or within a group, referencing the chart until you no longer require it.

Practice learning how to finger spell your own name using the fingerspell alphabet chart.

<https://www.british-sign.co.uk/fingerspelling-alphabet-charts/>

### Reflection:

After the session, reflect on how learners feel now they know how to communicate in sign and relate the empathy they have towards people with hearing problems whom require the use of it. Appreciating the commitment and practice it requires to memorise each sign.

We will pick out some key points from feedback to reflect upon as a class (if appropriate).

Ultimately, a skill is a series of connections in your brain. As you practice a set of actions, your brain creates these connections for you. While that may seem like great news, that's not always the case. The brain doesn't discern what is good and what is bad for you. That's how bad habits get created. It just records your actions and stores it in your memory.