



# Life-skill development

Student workbook



Erasmus+



**SUPREM**

# SUPREM – SUCCESSFUL PREPARATION MODEL FOR SCHOOLS

INTELLECTUAL OUTPUT 1 EDUCATIONAL PROJECT PORTFOLIO

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MADE WITHIN

THE FRAMEWORK OF

2019-1-HU01-KA201-061091

PROJECT

[WWW.SUPREM.EU](http://WWW.SUPREM.EU)

THE AUTHOR OF THE MODUL 6 (ORGANIZING OWN LIFE – "OBSTACLE RACE")

M-AROUND TANÁCSADÓ ÉS SZOLGÁLTATÓ KFT.

MAROSLELEI ÁLTALÁNOS ISKOLA

2021.

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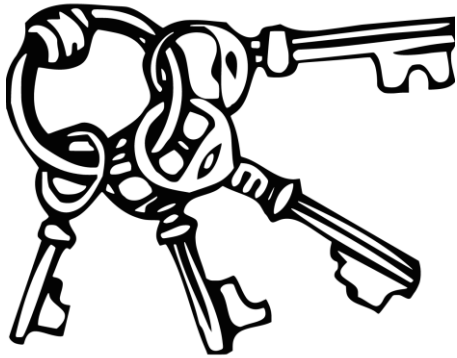
# EDUCATIONAL PROJECT PORTFOLIO 6

## ORGANIZING OWN LIFE – "OBSTACLE RACE"



# ESCAPE ROOM IN THE TOWN/IN THE SCHOOL

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The project today is an adventurous obstacle race. You will face real tasks to solve in a real environment. To do so, you need to use your skills and you need to act! Like in real life, we often meet situations that we quickly need to respond to. If we do so, we usually make quick decisions and act, ask for help and support and use different kinds of resources.

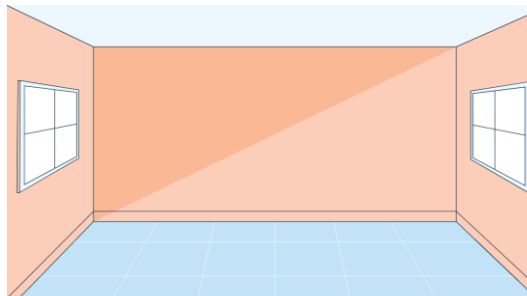
This is what you will do today.

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*There are some rules that you have to strictly keep, but mostly you are absolutely free to use any resources, help, whatever you can get.*

*Your teacher will inform you about the rules and circumstances.*

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# 1st part

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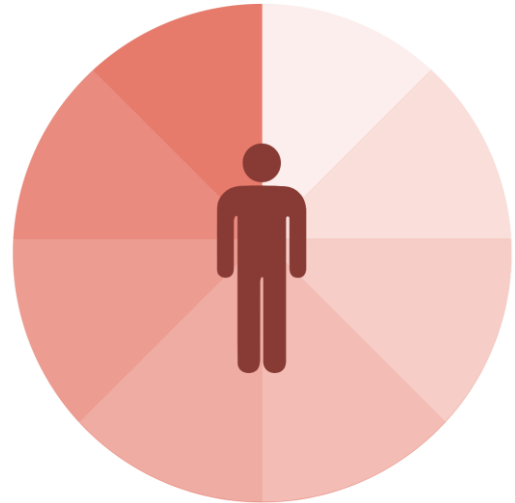
## EXERCISE 1

Our personality has a huge influence on our achievement, our characteristics can support or break our success, even if we do not recognise the importance of our traits.

Writing a history or a language test depends mostly on our knowledge but in real life, our results, and the way we can manage our life depends on other factors as well.

Do you know what your parents would tell you about you? Do you know what your friends would highlight as your best characteristics? And the worst? You shall ask them at home but now, it is time to collect a few characteristics about yourself.

You can find a chart with two columns. Choose five in each column that you consider typical (colour them). If you can not find your traits, you can write your own ideas with your own words.



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*Now together with your teammate(s), choose 5 characteristics that you consider as the most important ones to solve unforeseen challenges in our everyday life!*

*Talk about it, how can those traits help us?*

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courteous	impolite
determined	unsure
friendly	unfriendly
hard-working	lazy
humble	proud
generous	selfish
punctual	late
respectful	rude
brave	coward
loyal	rebellious
perseveres	gives up easily
considerate	inconsiderate
honest	dishonest
kind	mean
sincere	insincere
pointful	shy

## EXERCISE 2



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*Now together with your teammate(s), choose those 5 characteristics that you consider as the most important ones to solve unforeseen challenges in our everyday life! Talk about it, what can those traits help us?*

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Our choice:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

From the defining of our goals to reach them there are lots of ways, but you must be sure we need not only one step but steps following each other to get from A to B.

## EXERCISE 3

You have a list of characteristics that make a person successful in everyday life. Is there anyone who is like your ideal person?



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*Think about a superhero! Can you find an imagined hero who can be described with those 5 characteristics? Try to find one, talk about it and name a hero from a movie or from a historical, mythological story who fits your description.*

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Our superhero is:

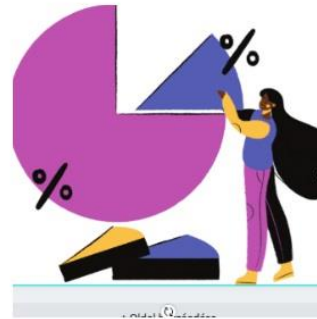
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This hero will be your avatar today, use his/her virtual support during your adventures!

**You're my  
Superhero** 



# 2nd part



## 3rd part

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### How we survived...

#### Exercise 4 – each team in 3 minutes

After the adventure, each team is requested to tell about the following:

- the most difficult task (Why was it difficult, did you manage to solve, if yes, how, if no, why?)
- the easiest task (Why was it the easiest for you? How did you solve it?)
- the most surprising thing during the obstacle race
- anything that you would do now differently

#### Exercise 5 – teamwork 5 minutes

After this activity, please have a look at your avatar's characteristics. Do you think your superhero would manage to go through all the challenges?

Would you choose different characteristics for your superhero now, that could help him/her with this adventure?

Discuss it with your team in 5 minutes!

#### Exercise 6 – individual work 5 minutes

Turn back to Exercise 1, and your own characteristics list. Based on your experiences today, would you change any previously indicated trait or traits? Have you discovered anything in yourself that you did not really know before?

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The author of the modul 6  
(Organizing own life – “Obstacle race”):  
M-Around Tanácsadó és Szolgáltató Kft.  
Maroslelei Általános Iskola.

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