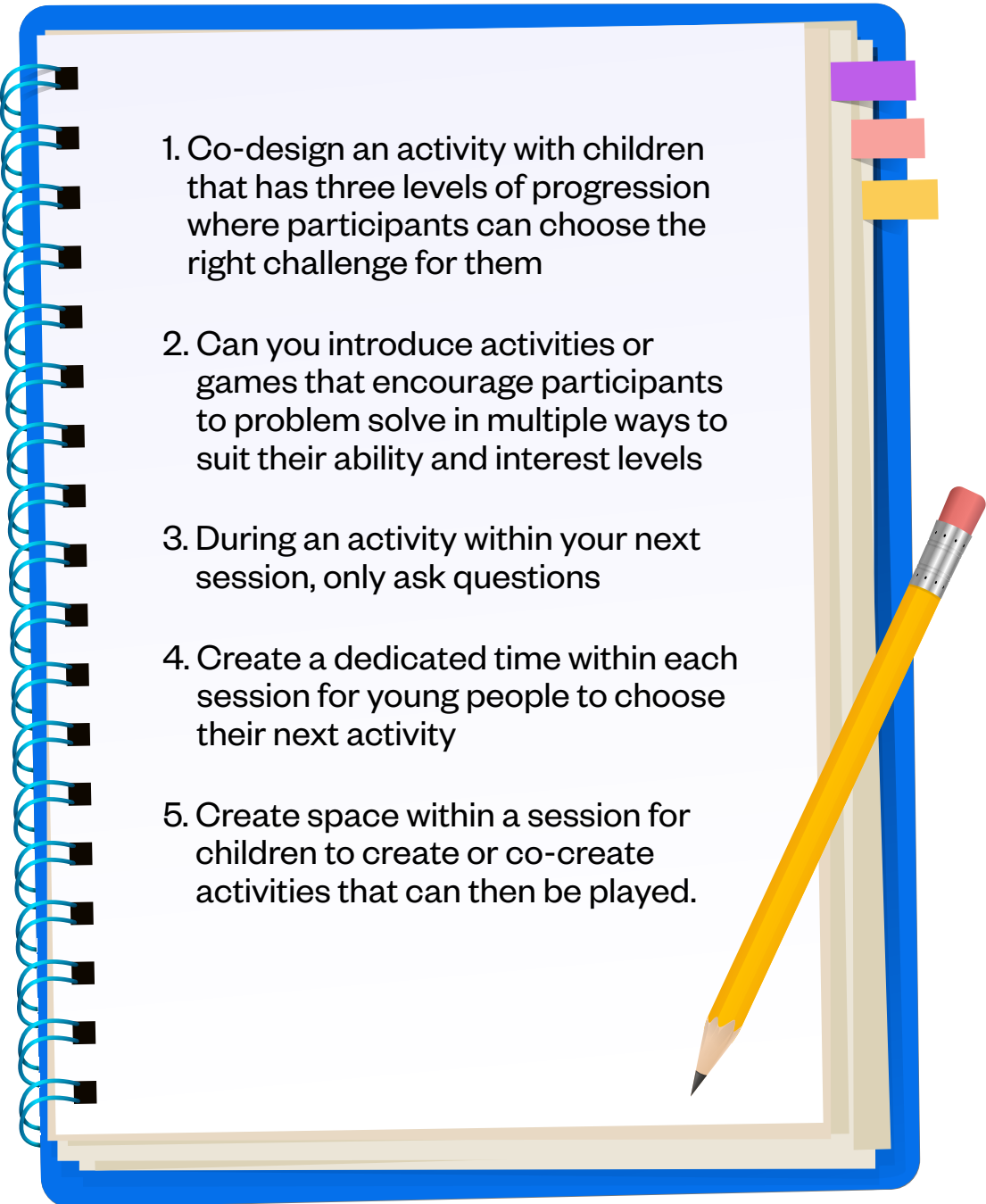


CHALLENGE YOURSELF



Ready to take action? When you involve children in the decision-making process of any activity it will help them to make the best choices for their individual development. Here are some child-first coaching resolutions that you might want to try in your next session.

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1. Co-design an activity with children that has three levels of progression where participants can choose the right challenge for them
 2. Can you introduce activities or games that encourage participants to problem solve in multiple ways to suit their ability and interest levels
 3. During an activity within your next session, only ask questions
 4. Create a dedicated time within each session for young people to choose their next activity
 5. Create space within a session for children to create or co-create activities that can then be played.