

# SKILLS TARGETING WORKSHEET

Every activity or lesson has a core set of 1-3 skills that drive performance and successful outcomes. When you first start to use the REFRAME method, it is easiest to focus on one skill that is already targeted in 4-5 activities. This gives a youth multiple opportunities to practice the skill and improve with feedback and recognition.

## Directions:

- Reflect on your current program or class set of activities. Then use the Building Block Framework to identify which skills are most targeted in your program/class. Targeted means the skill is critical to at least 4-5 activities.
- Write these targeted skills in the chart below.
- Next write down each activity the skill appears in. This step verifies that the skill truly appears 4-5 times and helps as a friendly reminder for where each skill lives. This final list is called your "Skills Power Profile."
- Then pick one skill (or two that are truly interrelated) to practice using the REFRAME Method.
- Copy the information for this skill into your REFRAME planner.

Building Block	Skill Definition	Activity Location
	<input type="checkbox"/> REFRAME	
	<input type="checkbox"/> REFRAME	
	<input type="checkbox"/> REFRAME	
	<input type="checkbox"/> REFRAME	
	<input type="checkbox"/> REFRAME	