

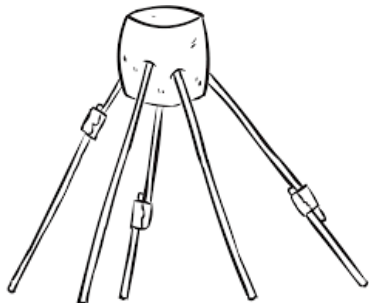
# TCAT On-Line CAREERS DAY

## The 'VEG' Challenge



PART OF THE CHALLENGE ACADEMY TRUST | NURTURE | CHALLENGE | ACHIEVE

*This is supposed to be a fun activity with important 'soft' skills you can do in lockdown with your family*




# Hard & Soft Skills – making you more employable



## Hard Skills


Teachable abilities or skill sets that are easy to quantify.


-  Proficiency in a foreign language
-  A degree or certificate
-  Typing speed
-  Machine operation
-  Computer programming

vs.

## Soft Skills

Also known as "people skills" or "interpersonal skills."

-  Communication
-  Flexibility
-  Leadership
-  Teamwork
-  Time Management



 the balance

# The 'VEG' Challenge



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# The Veg Challenge –

## How high can you get a vegetable off the ground?

- Instructions

You need to build a structure from what you have at your home to see how high you can get a vegetable off the ground.

1. You need to select your 'veg'
2. Plan your 'Veg Tower'
3. Build your 'Veg Tower'
4. Measure the height of your 'veg' & take a photo



- The measurement needs to be taken from the floor that the structure is on to the top of the 'veg'.

**Throwing it in the air or putting it on the roof/tree does not count!!!**

**Or suspending it from the ceiling.**

# The 'VEG' Challenge




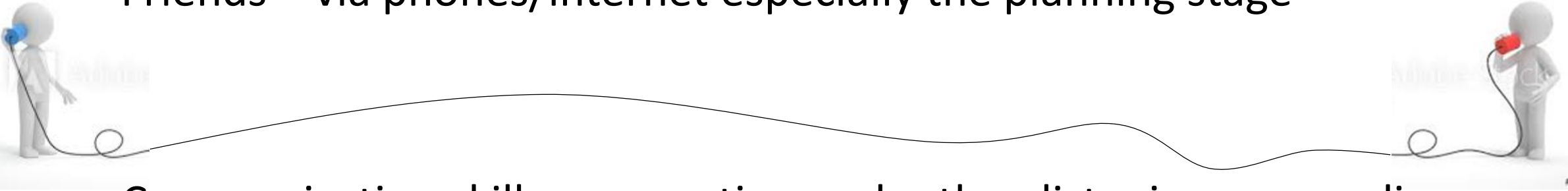
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# Teamwork – Who can I work with?

- Family – at home, work with parents, brothers & sisters
  - Friends – via phones/internet especially the planning stage
- 



Communication skills, supporting each other, listening, persuading, developing ideas, problem solving, leadership, reliability



## The 'VEG' Challenge

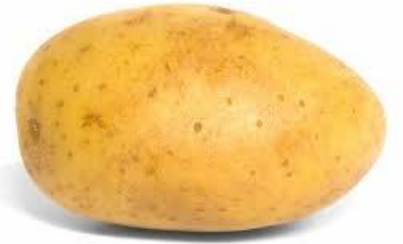


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# Problem 1 – choosing the ‘Veg’



- Which is the best veg to use?
  - A pea – its small & light and could be put on the end of a long pole
  - Potato – tough can put lots of sticks into it.
  - Banana – light with a tough skin ( we will accept any fruit as ‘veg’ for this challenge )
- What’s available?
  - You may not have a choice if all there is in the house is an avocado!!



Which is best?

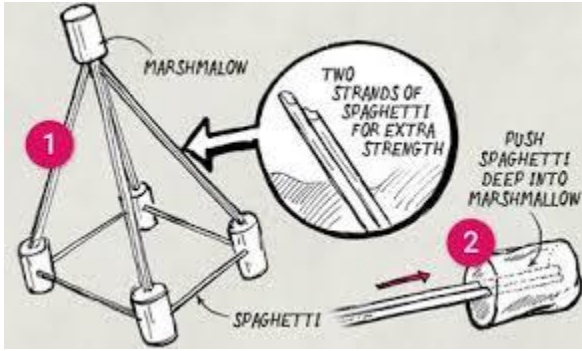


## The ‘VEG’ Challenge





# Problem 2 – What have you got to be able to build a structure?



- Lots of engineering challenges are done with spaghetti and marshmallows
- Sellotape, blutac, duck tape, string
- Bean poles, sticks, barbeque kabab sticks (brooms/mops etc)
- Paper/newspaper (roll up), cardboard boxes
- Plastic bags
- House hold items (make sure you ask first and are using items safely)



## The 'VEG' Challenge



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# Part 3 - Building the structure – be safe

- Take your time with building a structure that is safe.
- Work in a team helping and supporting each other
- Wide bases to support weight
- Do NOT put heavy items above the base so they cannot fall on anyone
- Do NOT use sharp or other dangerous items



**Don't forget high items will sway and may collapse so be safe**

## The 'VEG' Challenge



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# Part 4 – Measure & photo evidence

- Measure the distance from the floor to the top of the 'veg'
- Take a photo
- Share with friends, family and school/college



We want pictures of impressive towers  
( height & style! )



## The 'VEG' Challenge



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# Soft Skills – making you more employable

- Reflection –
  - Did you .....succeed? .....produce a tall structure? ...produce a interesting design? ....work well in a team? ....develop your ideas? .....successfully problem solve?
  - Did you ... give up? ....not start? ...have to work on your own? ...fall out with others?
    - **Problem solving** and **working in a team**, **resilience** and **reliability** are really important **employable ‘soft’ skills**, if you can give examples in **interviews** of when you were successful and how you overcame problems to achieve a goal this can be very impressive.