






Bulls-Eye Digital Lessons

Bulls-Eye Digital Lessons are all succinct (typically 20 - 30 minute) interactive online lessons developed by Bulls-Eye to support the development of future-fit skills using innovative e-learning software.

Lesson	Description	Age Skills
	<p>Bulls-Eye: our future-fit skills framework</p> <p>A simple introduction to the future of skills and an interactive overview of the Bulls-Eye future-fit skills framework.</p> <p>This is a digital lesson, of approximately half an hour in duration. <u>Click the image to the left</u> to launch this online lesson. Or, copy and paste the link below:</p> <p>https://rise.articulate.com/share/aa1_Kj59ZR77T08alcOq5W597E9RHKF-</p>	<p>Age range: 14+</p> <p>Future-fit skills: <i>overview of all 12 skills</i></p>
	<p>What do we value? What motivates us?</p> <p>In this activity students build their understanding of extrinsic, intrinsic and environmental drivers. They consider what they value most and what it is that motivates them in life.</p> <p>This is a digital lesson, of approximately half an hour in duration. <u>Click the image to the left</u> to launch this online lesson. Or, copy and paste the link below:</p> <p>https://rise.articulate.com/share/ZvsaOv1H9O_FQelfdbIEXFybbizxmnMd</p>	<p>Age range: 14+</p> <p>Future-fit skills: <i>understanding emotions world of work</i></p>
	<p>Resilience, stress, and the grit scale</p> <p>In this activity students learn about stress and how the development of resilience and grit helps us to persevere, endure and overcome challenges to achieve our goals.</p> <p>This is a digital lesson, of approximately 20 minutes in duration. <u>Click the image to the left</u> to launch this online lesson. Or, copy and paste the link below:</p> <p>https://rise.articulate.com/share/Or7ZjMhg0TUyt9lhV1384N7QLV4ROCO6</p>	<p>Age range: 14+</p> <p>Future-fit skills: <i>organisation managing emotions</i></p>
	<p>Finding Focus</p> <p>Finding Focus is all about building understanding of our emotional response to the pressures and challenges we face. It is about developing habits that help us to maintain our focus and live happy, healthy and productive lives.</p> <p>This is a digital lesson, with goals to set over the course of four weeks. <u>Click the image to the left</u> to launch this online lesson. Or, copy and paste the link below:</p> <p>https://rise.articulate.com/share/qninDpwg9CxL8a1Ve-M1kyUEyD9GHZOc</p>	<p>Age range: 14+</p> <p>Future-fit skills: <i>organisation managing emotions</i></p>
	<p>What is Emotional Intelligence?</p> <p>In this activity students build their understanding of the concept of emotional intelligence with a strong focus on understanding empathy.</p> <p>This is a digital lesson, of approximately 20 minutes in duration. <u>Click the image to the left</u> to launch this online lesson. Or, copy and paste the link below:</p> <p>https://rise.articulate.com/share/pfzZpKTCJp2lp8nuA_IZMXz8Hz7Frxia</p>	<p>Age range: 16+</p> <p>Future-fit skills: <i>understanding emotions managing emotions relationship building</i></p>