



Worksheet 1:

The Skill-Hacker Steps

Challenge

SAMPLE

Purpose:

To learn how every skill — from simple tasks to advanced abilities — can be broken into small steps.

This worksheet teaches you how to think like a “Skill Hacker”: someone who understands the process behind a skill and can copy, refine, and master it.

Instructions:

This worksheet teaches you how to break any skill (simple or advanced) into small, learnable steps.

You will move through three levels:

EASY skills — everyday tasks you already know

This helps you practise writing simple steps clearly.

MEDIUM skills — tasks with hidden steps

This trains your brain to think deeper and notice details.

ADVANCED skills — skills that professionals improve slowly over time

To help you understand how to break down advanced skills, you will first see an example.

The example might be football, drawing, public speaking, or any activity — but the point is NOT the sport or activity itself.

👉 The point is to notice how big skills can be broken into small steps.

After the example, you will choose your own advanced skill and break it down into steps.

Final Task

You will write instructions for a partner.

They must follow your steps exactly as written, without guessing.

This helps you practise writing steps clearly — because if the instructions are confusing, the result will be confusing too!

You may write in words or draw diagrams at any stage.

PART 1 – EASY SKILL

Choose one:

- Brushing your teeth
- Making toast
- Filling a cup of water without spilling
- Tying shoelaces

Write your steps clearly:

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

Step 5: _____

Step 6 (if needed): _____