

The Beta Skills Quick Start Guide

A simple framework to
help your child thrive
beyond school marks

Building skills for learning, life, and the future.





Why marks aren't the full picture



Most parents want their child to:

- do well at school
- feel confident
- be prepared for the future

So we focus on marks, subjects, and assessments.

But many children who achieve good results still struggle with:

- confidence
- problem-solving
- emotional regulation
- independent thinking

This is because academic success and life readiness are not the same thing.

That's where **Beta Skills** come in.





What are Beta Skills?

Beta Skills are **transferable life skills**.

They are the skills children use across:

- subjects
- challenges
- relationships
- new and unfamiliar situations

These skills:

- are not tied to one subject
- develop over time
- grow through practice, not tests

When children build Beta Skills, they don't just cope with learning — they become more **confident, adaptable, and resilient learners**.

THE 6 CORE BETA SKILLS

The 6 Beta Skills every child needs



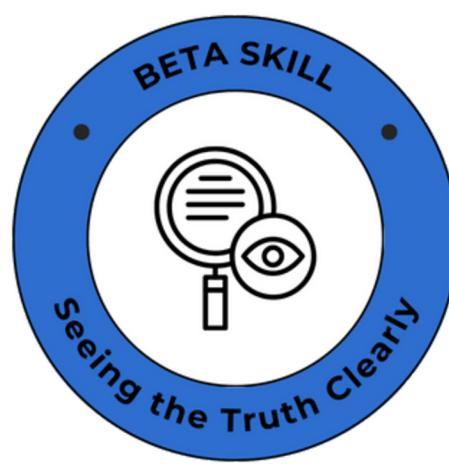
Understanding My Thinking

Understanding how I learn, think, and improve.



Talking & Working With Others

Sharing ideas clearly, listening to others, and working together respectfully.



Seeing the Truth Clearly

Questioning information, checking facts, and thinking critically about what I see and hear.

These skills support learning at school – and shape how children navigate life beyond it.

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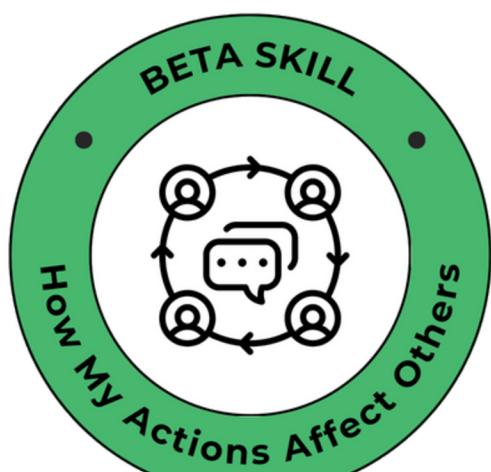
Creating New Ideas

Trying new approaches, being creative, and finding different ways to solve problems.



Understanding My Feelings

Recognising emotions, managing reactions, and developing emotional awareness.



How My Actions Affect Others

Understanding consequences, showing empathy, and considering how choices impact people around me.

These skills support learning at school – and shape how children navigate life beyond it.

WHAT THIS LOOKS LIKE IN REAL LIFE

Beta Skills in everyday moments

You'll often see Beta Skills when children:

- explain how they solved a problem
- ask thoughtful questions instead of memorising answers
- try a different approach after something doesn't work
- express disagreement calmly
- recognise when they need rest or support
- notice how their actions affect others

These moments may seem small – but they are where **real learning happens.**



WHAT'S NEXT?

This is just the beginning

This Quick Start Guide introduces
the **Beta Skills framework**.



**The full Beta Skills
Guide goes deeper
and includes:**

- clear explanations of each skill
- age-specific examples
- weekly routines parents can use
- conversation prompts
- practical tools and printables

**Designed to help you
intentionally build
skills over time —
without pressure.**

👉 *Learn more about the full Beta
Skills Guide*

