



Keith Primary School

Meta-Skills: A Guide for Parents

August 2025

Meta-skills are a set of skills and abilities that help everyone adapt and succeed in various life situations, including work and education. From birth, children use and develop meta-skills as they test and explore the world around them. These skills continue to develop as we grow up.



Meta-skills

| Self-management | Social Intelligence | Innovation |
|-------------------|----------------------|--------------------------|
| Focusing | Communicating | Curiosity |
| Integrity | Feeling | Sense-making |
| Adapting | Collaborating | Creativity |
| Initiative | Leading | Critical thinking |

Supporting learners to identify and understand meta-skills is important to help build the qualities that their future employers will need.

At Keith Primary we follow the *Meta-skills Toolkit* developed by **Skills Development Scotland**. The toolkit introduces learners to the language of meta-skills at a young age.

Both children and teachers use these terms in lessons to help children recognise and understand which skills they are developing.

Meta-Skills are taught alongside other subjects so, when pupils are doing art or science for example, they naturally talk about the skills they are using

| Meta Skills Land character icons | | |
|----------------------------------|----------------------|--------------------------|
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For more information on the *Meta-skills Toolkit*, log on to **the Skills Development Scotland** website at:
<https://www.skillsdevelopmentscotland.co.uk/what-we-do/scotland-careers-services/education-team/meta-skills-toolkit>

At KPS we use the logos provided by **Skills Development Scotland** in each class to help children identify each skill. Some classes also use the character icons, pictured, to help make the skills and their descriptions more visual and child-friendly.

At Keith Primary we hope that by using the *Meta-skills Toolkit* as a natural part of everyday it will empower young people to be successful learners, confident individuals, responsible citizens and effective contributors.

