


'I Can Do It' Awards Outline

Challenge	Exercise and learning new things	Eco	Safety	Cooking	Around the home	Looking after myself
						
Red Star Award Year 1	Go for a long walk with an adult.	Grow plants to encourage bees and insects and other pollinators	Learn and recite home address.	Make and prepare your breakfast meal	Load the dishwasher/wash the dishes	Clear away your breakfast for a week.
Orange Star Award Year 2	Learn how to tie your shoe laces	Create a home/place for wildlife to encourage them in and keep them safe	Learn and recite a parent/carers phone number.	Make your lunch sandwich	Make your bed and tidy your bedroom for a week.	Pack your bag for school
Yellow Star Award Year 3	Learn basic DIY	Be a litter hero – can you clear up on your way to school, around your home	Learn how to contact the emergency services.	Bake a cake	Hand wash a large item of clothing and hang out to dry	Learn how to tie your school tie
Green Star Award Year 4	Find/create some new exercise equipment	Energy saver – turn it off!	Learn the safety rules for fire.	Bake bread	Repair a tyre puncture/repair a broken object	Pack a bag for PGL, a holiday or a sleepover

Blue Star Award Year 5	Walk somewhere nearby for a reason. Plan the route.	Re-use an old thing!	Before a family adventure, assess the risks and pack suitable first aid kit to take	Baking of choice	Sew on a button and repair a tear.	Set an alarm every day for two weeks and get ready for school in time
Purple Star Award Year 6	Make a shopping list, follow a budget and buy ingredients for a meal from a supermarket	Change your ways – 5 ways that you have changed habits in your house to help our environment	Know basic first aid.	Follow a recipe for a healthy snack which costs less than a £1	Know how to wash a large item	Iron your school uniform.