



## **Around the Home Challenge**

---

### **Wash something big**

Choose a large item to wash. Find out what you need to wash it. Make sure you wear appropriate clothes. Once washed decide how you will dry it to make it shine. Remember to rinse and re-soak your sponge regularly.

### **Evidence**

### **Challenge achieved or things to practise again**

Signed \_\_\_\_\_

Class Teacher



## **Exercise and Learning New Things Challenge**

---

### **Follow a budget**

Plan a low budget meal that you and your family will enjoy. Then write the shopping list and go to the supermarket to buy the ingredients.

### **Evidence**

### **Challenge achieved or things to practise again**

Signed \_\_\_\_\_

Class Teacher



## **Cooking Challenge**

---

### **Follow a recipe**

Use your cookery skills to produce a healthy snack. The ingredients need to cost less than a £1.

### **Evidence**

**Challenge achieved or things to practise again**

Signed \_\_\_\_\_

Class Teacher



## **Safety Challenge**

---

### **First Aid**

Know when you might need to wear a sling and learn how to apply one. Know what to do when someone is choking. Make sure you know why you would need to put someone in the recovery position and practice doing this.

### **Evidence**

**Challenge achieved or things to practise again**

Signed \_\_\_\_\_

Class Teacher



## **Eco Challenge**

---

### **Change your ways**

Find 5 ways that you can change everyday habits in your house which will help the environment.

### **Evidence**

**Challenge achieved or things to practise again**

Signed \_\_\_\_\_

Class Teacher



## **Looking after myself Challenge**

---

### **Iron my school uniform**

Have an adult show you how to use the iron safely. Practice laying your school uniform on the ironing board with a cold iron first. Remember to read the labels in the clothes to make sure that you use the correct ironing temperature.

### **Evidence**

### **Challenge achieved or things to practise again**

Signed \_\_\_\_\_

Class Teacher