



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 and grow a plant.

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