



Family at Home Challenge



This is a "Family at Home Challenge" - especially for you to undertake whilst life is still not quite normal for most of us.

It is designed to encourage you to help your family around the home.

It is very important that you follow the instructions your adults give you.

Keep a record in this booklet, take photos and get your adults to sign off each task.

Beaver's name:

Section 1 Cleaning

Over a period of 4 weeks on 2 occasions complete the following tasks. Follow instructions and guidance from your parents, particularly when using cleaning solutions.

| Task | Dates | Parents Signature |
|---|---|-------------------|
| Make your bed, and keep your bedroom clean and tidy | <input type="text"/> <input type="text"/> | |
| Use a vacuum cleaner to clean a room in your home | <input type="text"/> <input type="text"/> | |
| Polish and dust furniture and windowsills | <input type="text"/> <input type="text"/> | |
| Clean the bath, wash basin and shower | <input type="text"/> <input type="text"/> | |



Section2

Laundry

Over a period of 4 weeks on 2 occasions complete the following tasks. Follow instructions and guidance from your parents, particularly when using cleaning solutions. Take special care when using a hot iron.

| Task | Dates | Parents Signature | | |
|---|--|-------------------|--|--|
| Help to load and turn on the washing machine Separate the washing into different piles for the various wash cycles | <table border="1"><tr><td data-bbox="727 678 932 724"></td><td data-bbox="932 678 1133 724"></td></tr></table> | | | |
| | | | | |
| Help to iron some items of your own clothing | <table border="1"><tr><td data-bbox="727 879 932 926"></td><td data-bbox="932 879 1133 926"></td></tr></table> | | | |
| | | | | |
| On one occasion, hand wash and rinse an item of clothing | | | | |



Section 3

Washing Up.

Over a period of 4 weeks **once** a week complete the following tasks. Follow instructions and guidance from your parents, particularly when using cleaning solutions. Be very careful of sharp items such as knives.

If your family use a dishwasher, in addition to the first task complete task two on at least once.

| Tasks | Dates | Parents Signature | | | | |
|--|--|-------------------|--|--|--|--|
| Help to wash up, dry, and put away the cutlery, crockery, and pots after a meal. | <table border="1" data-bbox="732 793 1133 848"><tr><td></td><td></td><td></td><td></td></tr></table> | | | | | |
| | | | | | | |
| If your family has a dishwasher in addition to the above task load and empty your dishwasher putting the items away in their correct places. | | | | | | |



Section 4 Outdoors

(with alternatives suggested if you don't have your own outdoor space)

Over a period of 4 weeks complete each of the following tasks

| Tasks | Dates | Parents Signature |
|---|-------|-------------------|
| Help a family member to mow the lawn or sweep a path | | |
| Weed and tidy up a flower bed or water an indoor plant | | |
| Tidy the garden of any toys or tidy up all the toys in one room | | |
| Help to put out the household waste bins and bring in when emptied | | |
| Help to sort and put out for collection the household recycling bins. Bring in and store when emptied | | |



Section 5

Entertainment

As a family participate in at least 6 of the following activities

| Task | Date | Parents Signature |
|---|------|-------------------|
| Play a game in the garden or park for at least 10 minutes | | |
| Play a board game | | |
| Play a game of cards with at least other person | | |
| Read a book | | |
| Make up a new game | | |
| Play an internet game with a friend not in the same house | | |
| Research a subject of interest to you on the internet | | |
| Participate in a quiz with members of your family | | |
| Play a competitive game on a PC or phone against other members of your family | | |



Section 6

Exercise.

Over a period of 4 weeks participate in at least 2 of the following tasks on 2 occasions.

| Task | Date | Parents Signature | | | | |
|---|---|-------------------|--|--|--|--|
| Participate in 10 minutes of physical activity in the garden or park - this can be in the form of a game | <table border="1"><tr><td></td><td></td><td></td><td></td></tr></table> | | | | | |
| | | | | | | |
| Participate in 10 minutes of physical activity in the home, this can be following a TV or internet lead session | <table border="1"><tr><td></td><td></td><td></td><td></td></tr></table> | | | | | |
| | | | | | | |
| Go for a walk of at least 1 mile or 20 minutes, observing social distancing | <table border="1"><tr><td></td><td></td><td></td><td></td></tr></table> | | | | | |
| | | | | | | |



Section 7

Communications

Complete 4 of the following tasks over a 4-week period

| Task | Date | Parents Signature |
|--|------|-------------------|
| Join in a video call lasting at least 5 minutes with family or a friend. Using WhatsApp, Zoom or other similar App | | |
| Write a letter to a remote family member or friend and ask them to reply | | |
| Design and make a birthday card or other special occasion card and send it by post | | |
| Participate in 2 telephone calls with a friend or family member | | |
| Communicate by email, text or other medium with your teacher or Beaver leader | | |
| Contact another member of the Beaver colony and discuss what you have been doing at home | | |
| Discuss a television program you have watched, that interested you, with a family member | | |

