

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:	
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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		
Use a vacuum cleaner to clean a room in your home		
Polish and dust furniture and windowsills		
Clean the bath, wash basin and shower		



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		
Help to iron some items of your own clothing		
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.		
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

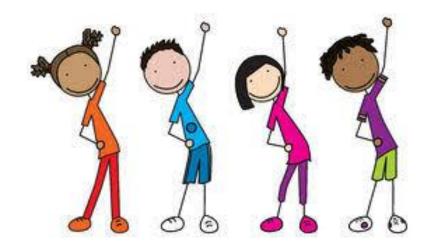
Task	Date	Parents Signature
Play a game in the garden or park for at least 10 minutes		
Play a board game		
Play a game of cards with at least other person		
Read a book		
Make up a new game		
Play an internet game with a friend not in the same house		
Research a subject of interest to you on the internet		
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		
Participate in 10 minutes of physical activity in the home, this can be following a TV or internet lead session		
Go for a walk of at least 1 mile or 20 minutes, observing social distancing		



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		

