



## 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 and to become a little more independent.

It is very important that you always listen and take careful instructions from your adults.

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

Cub's name: .....

Section 1                      Cleaning

Over a period of 4 weeks and at least **once** a week complete the following tasks. Follow instructions and guidance from your parents, particularly when using cleaning solutions.

Task	Dates	Parents Signature				
Air and make your bed, changing the bedclothes when required, keep your bedroom clean and tidy.	<table border="1" style="width: 100%; height: 30px;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>					
Use a vacuum cleaner to clean a major room in your home.	<table border="1" style="width: 100%; height: 30px;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>					
Polish and dust furniture, windowsills, and door frames.	<table border="1" style="width: 100%; height: 30px;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>					
Clean the bath, wash basin, shower and toilet.	<table border="1" style="width: 100%; height: 30px;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> </table>					



## Section 2

## Laundry

Over a period of 4 weeks and at least **once** a week 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				
Learn how to use a washing machine. Separate the washing into different piles for the various wash cycles.	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>					
Learn how to iron items of your own clothing.	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>					
On at least one occasions hand wash and rinse an item of clothing.						



Section 3

Washing Up.

Over a period of 4 weeks and at least **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.

Tasks	Dates	Parents Signature				
Wash up, dry, and put away the cutlery, crockery, and pots after the main meal of the day	<table border="1"><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	<table border="1"><tr><td></td><td></td></tr></table>					



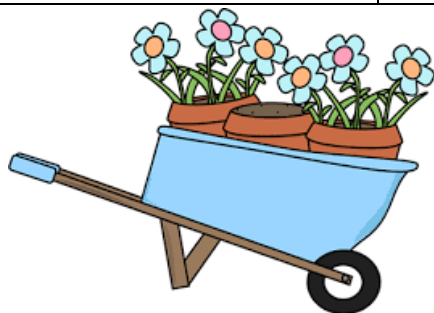
## Section 4                      Outdoors

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

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

Follow instructions from your parents and be especially careful when using a lawn mower

Tasks	Dates	Parents Signature
Assist your parents in mowing the lawn or sweeping a pathway		
Weed and tidy up a flower bed or water indoor plants regularly		
Tidy the garden of any toys or take responsibility for tidying toys indoors at the end of the day		
Put out the household waste bins and bring in when emptied		
Sort the household recycling and help to put the bins out for collection. 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 15 minutes		
Play a board game		
Play a game of cards with at least 2 other people or a game of patience		
Read a book		
Make up a new game		
Play an internet game with a friend not in the same house		
Research a scouting subject on the internet		
Participate in a Quiz, this can be online		
Play a competitive game on your PC or phone against other members of your family		



Section 6

Exercise.

Over a period of 4 weeks participate in at least **two** of the following tasks at least **once** a week

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 1½ miles or 30 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
Participate 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 Cub leader		
Contact another member of the Cub pack and discuss activities that you have taken part in		
Discuss a television program you have watched, that interested you, with a family member		

