



## 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 assist your family and to become more independent.

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

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

Scout's name: .....

## Section 1            Cleaning

Over a minimum 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. By week 4 show that you can complete the tasks successfully without guidance

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: 100%;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>									
Use a vacuum cleaner to clean a major room in your home	<table border="1" style="width: 100%; height: 100%;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>									
Polish and dust furniture, windowsills, and door frames	<table border="1" style="width: 100%; height: 100%;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>									
Clean the bath, wash basin, shower and toilet	<table border="1" style="width: 100%; height: 100%;"> <tr> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> <td style="width: 25%;"></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table>									



## Section 2

## Laundry

Over a minimum 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. By week 4 show that you can complete the tasks successfully without guidance.

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><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><tr><td></td><td></td><td></td><td></td></tr></table>									
On at least two occasions hand wash and rinse an item of clothing	<table border="1"><tr><td></td><td></td></tr><tr><td></td><td></td></tr></table>									



### Section 3

### Washing Up.

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

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><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><tr><td></td><td></td></tr></table>									



Section 4

Outdoors

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

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

Tasks	Dates	Parents Signature				
Cut the grass OR grow something edible from seeds	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>					
Weed and tidy up a flower bed or take responsibility for looking after indoor plants	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>					
Put out the household waste bins and bring in when emptied	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>					
Sort and put out for collection the household recycling bins. Bring in and store when emptied	<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>					



## Section 5 Entertainment.

Together with members of your 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 minimum period of 4 weeks participate in at least **two** of the following tasks at least **once** a week.

Task	Date	Parents Signature								
Participate in 30 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><tr><td></td><td></td><td></td><td></td></tr></table>									
Participate in 20 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><tr><td></td><td></td><td></td><td></td></tr></table>									
Go for a walk of at least 2 miles or 40 minutes, observing social distancing	<table border="1"><tr><td></td><td></td><td></td><td></td></tr><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
Initiate and participate in a video call lasting at least 5 minutes with family or a friend. Using WhatsApp, Zoom or other similar App		
Write letters to 2 remote family members or friends and ask them to reply		
Design and make birthday cards or other special occasion cards and send them by post		
Participate in a series of telephone calls, (minimum 3) with a friend or family member		
Regularly communicate by email, text or other medium with your teacher or Scout leader		
Contact another member of the Scout troop and discuss any of the challenges you have participated in		

