**Cookery**

**Challenge:**

Make an interesting sandwich for your (or a family member's) lunch. Which interesting bread/wrap/roll did you choose to use?  What did you spread on with a knife?  Which tasty fillings did you choose to add?

**Assessor’s Role:**

Look at the challenger’s photos and read his or her self-assessment. Discuss his or her choice of bread as well as filling. What else does he/she like and what will be made next? Try to encourage healthy choices.

Sign and date the booklet then pop a dot on the wall.

**Creation**

**Challenge:**

'Freestyle' with your lego and build something exciting (not necessarily using a box set)

Or make an Airfix model.

**Assessor’s role:**

Look at the challenger’s photos and read his or her self-assessment. Discuss his or her choice of building materials. You could ask what else he or she likes to make? Was this the first Airfix? Would he/she do another? Etc.

Does he/she find these fiddly things fun or frustrating?

Sign and date the booklet then pop a dot on the wall.

**Domestic Challenge**

**Challenge:**

**Wash a car.**

Wear appropriate clothes.

Use the hose sensibly to remove major dirt and dust.  Have a bucket with warm soapy water (not washing up liquid) and a large sponge. Wash the high bits round the car first, then work your way down to the grubby wheels.  Make sure you are rinsing and re-soaking your sponge regularly.  You may need a smaller sponge to wash the wheels.  (If you drop your sponge, rinse it again so that you are not rubbing grit onto the paintwork!)  Rinse the car and see it gleam.

**Assessor’s Role:**

Please have a good read of the child’s self-assessment and photos and ask him or her questions on any significant information. Ask what was the hardest part? Did he or she use a sponge or something else to wash it/get into the wheels? etc

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**Interest**

**Challenge:**

Taking turns, following rules and learning to win and lose are important life skills. Play a game like Chess, Battleships, Ludo or Scrabble with an adult at home (must not be a video game)

**Assessor’s Role:**

Please have a good read of the child’s self-assessment and photos and ask him or her questions on any significant information. In particular, please ask about how it feels to win or lose and if he or she was good at following all of the rules.

Ask what he/she feels about some parents ‘letting’ their children win. What does he/she think children learn from that?

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**Music**

**Challenge:**

Entertain an adult by being able to play happy birthday on an instrument at home, a glockenspiel or using an app on an iPad.

**Assessor’s Role:**

Please have a good read of the child’s self-assessment and look at photos and ask him or her questions on any significant information.

You could ask him or her about other musical things he or she is able to do etc.

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**Writing**

**Challenge:**

After receiving a present or having a great experience with someone, write them a letter of thanks. Make sure you use your neatest handwriting and set out the letter properly with your address and date etc.

**Assessor’s Role:**

Read the letter carefully. Is it of a good standard? Has it been set out properly? Is it a polite letter of thanks?

You could ask if he/she has ever received a letter and how he/she thinks it would make them feel.

Please have a good read of the child’s self-assessment and photos and ask him or her questions on any significant information.

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**Exercise**

**Challenge:**

Cycle.  Go on a long family cycle round some recognised bike routes (there must be plenty of fun off-road tracks in your area). Learn which clothes are appropriate for being outdoors and what you should take with you (waterproofs, water, snack, puncture repair kit etc.) and carry your own rucksack.

**Assessor’s Role:**

Please have a good read of the child’s self-assessment and look at the photos and ask him or her questions on any significant information. What was the weather like? Did he or she have the right clothes in the rucksack? Would he/she take different/more snacks next time? Etc. Was he/she actually ‘wearing’ the rucksack in the photos?!

Congratulate him or her on going on such a long cycle and encourage another adventure!

Sign and date the booklet then pop a dot on the wall.

**Caring for Others**

**Challenge:**

Sometimes, when adults are tired, it’s nice to be given a cup of tea or coffee. Your challenge is to learn how to make one safely.

Safety points:

* The kettle shouldn’t be too heavy for you, so make sure that you have just enough water in it for one cup.
* Steam will burn you so never reach over the kettle.
* Boiling water can burn your skin so, to avoid this, it might be wise to put the mug on the floor rather than the worktop. That way, any spillages go on the floor rather than your skin.
* Only fill the mug half way or it will be hard to carry without spilling.

Make sure you have asked how the recipient takes his or her tea or coffee eg. strong/weak, milk, sugar?

**Assessor’s Role:**

Please have a good read of the child’s self-assessment and photos and ask him or her questions on any significant information.

Sign the booklet then pop a dot on the wall.

**Safety**

 **Challenge:**

**Learn the safety rules of fire**

Know how to sound the alarm and get yourself to safety.  Learn what three things a fire needs to allow it to burn.  Learn which clothes are inappropriate near a fire. Find out about the Scottish Access Code and where it is safe to build a fire.  If your parents are willing, WITH THEM build a small campfire and toast a marshmallow.  (An adult should light the fire)

Know to NEVER create a fire without an adult.

Make sure you know how to call 999 on your home phone as well as a mobile.

**Assessor’s Role:**

Please have a good read of the child’s self-assessment and photos and ask him or her questions on any significant information. Is this the first time he or she has actually built his or her own fire? How did he/she think his/her parents felt when it was being built? Was a marshmallow cooked? Is this something he/she thinks he/she might do again? Etc.

Have a pretend call to 999.

Sign the booklet then pop a dot on the wall.

**Eco**

**Challenge:**

With the help of a green-fingered adult, find out which shoots are plants and which are weeds, then ’weed’ a good-sized area in your (or a friend's) garden.  Make sure you get the roots too and dispose of them in the correct bin. Watch you don't uproot any plants!

**Assessor’s Role:**

Please have a good read of the child’s self-assessment and photos and ask him or her questions on any significant information.

Ask him or her what he/she learned …. when he/she thinks it’ll be time to re-weed? What did he or she enjoy about weeding?

Sign the booklet then pop a dot on the wall.