



LOCKDOWN

Life Skills

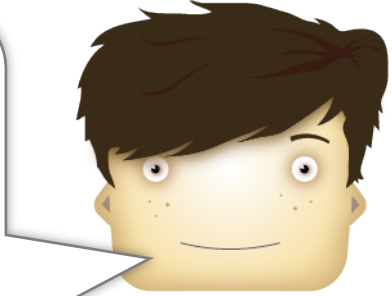


Name: _____

Tutor Group: _____

Your challenges over the next two weeks might seem easy at first glance. But beware! There are some tricks of the trade to achieving these. Talk to your family to see if you can pick any up!

Linked to each challenge are some **Character Compass Habits** that we think you'll either need or will develop as a result of doing each one. We hope that this will enable you to use your gifts to serve others.



	Got the skills (tick)	Now help pay the bills (parent sig)
Learn how to boil the perfect egg. For a harder challenge learn how to poach an egg the chef's way! Now make lunch for a member of your family. (possibilities, methodical, planning) <i>Once you've got the skills, it's time to help pay the bills...</i>		
Learn how to create your own circuit training course. Bored with Joe Wicks? Want something different? Learn how to exercise a range of muscles using things you can find around your house and garden. (collaboration, perseverance, making links)		
Learn how to put a duvet cover on your quilt! This is not as easy as it looks. Is there a right way and a wrong way to do this?? (perseverance, self control, possibilities) <i>Once you've got the skills, it's time to help pay the bills...</i>		
Take a tour of the letters and logos you can find in your home, in places you never thought of. Photograph each one and combine them to spell out a favourite quote or song lyric. You must visit each room of your house!! (making links, possibilities, considered risks)		
Learn how to iron a shirt. Now iron 3 things from the laundry basket! (methodical, perseverance, integrity) <i>Once you've got the skills, it's time to help pay the bills...</i>		
In Japan children have a lesson a week on how to clean. The whole country has no litter problem. Do you know how to clean? Hoover? Dust? Now's the time to learn...! (integrity, generosity, thankfulness) <i>Once you've got the skills, it's time to help pay the bills...</i>		



The Character Compass

Life to the full for everyone

