



LOCKDOWN

Life Skills

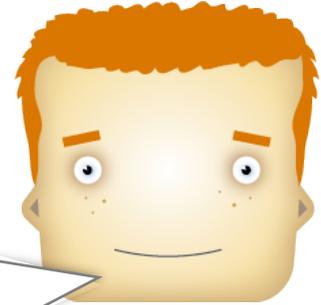


Name:

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 habits that we think you'll either need or will develop as a result of doing each one. And remember once you've got the skills make sure you help to pay those bills!



	Got the skills (tick)	Now help pay the bills (parent sig)
<p>Many of us have taken to our bikes recently only to find they need some 'simple' maintenance to make them road-worthy. The most common culprit is a puncture! So why not learn how to fix a puncture on your bike yourself? Then...what about those brakes...?</p> <p>(collaboration, perseverance, self control) <i>Once you've got the skills, it's time to help pay the bills...</i></p>		
<p>When did you last look up into the night sky? Maybe it was recently to see Elon Musk's rocket? Can you recognise the most common star constellations? Take this opportunity to learn how to identify the most common constellations of stars.</p> <p>(making links, methodical, questioning)</p>		
<p>Flour hasn't been easy to come by but the shelves are looking healthier at the moment! Learn how to make some simple easy bake snacks. You could try: Flapjack, Brownies, Scones, Pancakes, or just Bread. Go on, treat each other!</p> <p>(planning, generosity, thankfulness) <i>Once you've got the skills, it's time to help pay the bills...</i></p>		
<p>With less opportunity to spend your pocket money you might have saved a little more than usual. Budgeting is an essential life skill. So how do you plan to use this money wisely? Make a simple plan for how you will do this.</p> <p>(planning, humility, generosity) <i>Once you've got the skills, it's time to help MANAGE the bills...</i></p>		
<p>Some knowledge of basic first aid is always going to be useful! Learn at least 3 basic first aid techniques and share how to do them with someone in your family.</p> <p>(making links, perseverance, methodical)</p>		
<p>Inspiring quotes can really help to lift your mood or motivate you to do something. Try and find 3 quotes that you find inspiring. Print them out, share them, put them on your bedroom wall!</p> <p>(thankfulness, reflection, possibilities)</p>		