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| **How to earn your badge:** | **Description** | **Signed by Parent/Teacher** |
| Plan, cook and serve a simple one course meal |  |  |
| Wash up after your meal |  |  |
| Help sort out the washing, load and unload the washing machine |  |  |
| Iron at least 2 items, one could be your kneckie |  |  |
| Sew on a button or a badge |  |  |
| Help to clean and tidy a living room |  |  |
| Clean at least 2 items in your home, perhaps a basin, or a cupboard |  |  |
| Take sheets, pillowcases and the duvet cover off a bed and help put cleans ones on |  |  |
| Make your own bed for a week |  |  |
| With the help of a family member or your teacher, describe a time when you did “YOUR BEST”, a sort of superhero moment.  Perhaps you went out of your way to help someone e.g. sweeping their drive, getting help for them when needed |  |  |