LIFE SKILLS - "Activities undertaken for the benefit of all members of the family."

everyday life skills and to become vital contributors to their family household and to the wider The aim of these awards is to encourage our young people to learn, practise and acquire community.

Your children will learn that:

- They are important 'team' members within their family
- Taking responsibility is rewarding
- They can learn and develop self-management skills

## Australian Christian Home Schooling offers



## Life Skills Awards for Primary students

Life Skill Awards can be accomplished during one 12 month period. It is not expected that a child will achieve the higher awards of Gold or Platinum until late Primary years

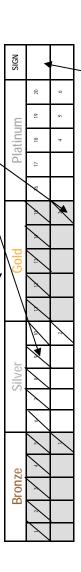
Complete 40 life skills **Bronze Award:** 

Complete 60 life skills Silver Award:

Complete 75 life skills Complete 90 life skills Platinum Award: Gold Award:

of times/weeks etc a skill has been completed. A child working towards a level must complete Use the checklists to record the Life Skills achieved. Cross the boxes to indicate the number the number under the heading of their level.

For example, a child working towards a Gold Award must complete and tick all the numbered boxes prior to and up to the end of that level.



Once the target level for a life skill has been achieved, the parent must sign the box next to it.

Please send this signed and completed Life Skills booklet to ACHS.





## Australian Christian Home Schooling

## Primary Life Skills AWARD

(07) 3881 5745
$\mathcal{L}$
Phone: (
www.achs.edu.au

			/ /	
		Surname	to End Date	
SIVEL			, ,	
	Customer Code _	Given Name	Start Date	
- I				

Has achieved Bronze Silver Gold Platinum \* Life Skills Award

Please circle the respective award that your child has achieved

Life Skill	QTY		В	ronz	ze				Silve	er				Gold				Pl	atinı	ım		SIGN
Practical																						
Dress yourself without help	Weeks	1	2	3	4	5	6	7	8	9	10		Со	nsister	ntly			Со	nsiste	ntly		
Brush teeth twice every day	Weeks	1	2	3	4	5	6	7	8	9	10		Со	nsister	ntly			Со	nsiste	ntly		
Make own bed	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		Со	nsiste	ntly		
Brush hair neatly	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		Со	nsiste	ntly		
Put away toys	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		Со	nsiste	ntly		
Set the kitchen table	Times	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	
Feed a pet	Times	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	
Tie own shoelaces	Times	2	4	6	8	10		Со	nsiste	ently			Со	nsister	ntly			Со	nsiste	ntly		
Put dirty clothes in laundry basket	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		Со	nsiste	ntly		
Clean bedroom	Times	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30		Со	nsiste	ntly		
Clean table after meals	Times	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	35	40	45	50	55	
Prepare own breakfast	Times	5	10	15	20	25	30	35	40	45	50		Со	nsister	ntly			Со	nsiste	ntly		
Sweep leaves or outside paths	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Help in the garden—30mins	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Take out rubbish	Times	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30		Со	nsiste	ntly		
Be in bed on time			Со	nsiste	ntly			Со	nsiste	ently			Co	nsister	ntly			Со	nsiste	ntly		
Water indoor plants	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		Со	nsiste	ntly		
Get out of bed on time			Со	nsiste	ntly			Со	nsiste	ently			Co	nsister	ntly			Со	nsiste	ntly		
Washes own hair	Times	4	8	12	16	20		Со	nsiste	ently			Со	nsister	ntly			Со	nsiste	ntly		
Cuts own fingernails	Times	1	2	3	4	5		Со	nsiste	ently			Со	nsister	ntly			Со	nsiste	ntly		
Irons own clothes (with help if needed)	Items	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Folds and puts away clean clothes	Times	2	4	6	8	10	12	14	16	18	20		Со	nsister	ntly			Со	nsiste	ntly		
Helps do laundry (wash)	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Hand wash woollens or other clothes	Times				1	2			3	4	5			6	7	8				9	10	
Sews on button	Times					1					2					3				4	5	
Help with spot removal on clothes	Times					1					2					3	4	5	6	7	8	
Bring in clothes from line and fold	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Leave bathroom clean & tidy after use	Times	5	10	15	20	25		Со	nsiste	ently			Со	nsister	ntly			Со	nsiste	ntly		
Leave toilet clean after use	Times		l	Jsuall	у			Со	nsiste	ently			Со	nsister	ntly			Со	nsiste	ntly		
Shakes and/or beats rugs	Times					1					2					3					4	
Vacuums carpets	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Loads dishwasher correctly	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Unloads dishwasher & puts away dishes	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Helps hand wash or dry dishes	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Polish silverware or brassware	Times			Once	!				Once	е				Once					Twice			
Oil squeaky door	Times			Once					Once	е	ı			Once				ı	Twice	·		
Clean and polish shoes						1					2				3	4			5	6	7	
Helps clean the house for 20mins	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Helps hang out clothes on line	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Helps clean the car	Times					1					2				3	4				5	6	
Helps defrost the freezer	Times			Once					Once	е				Once					Twice			
Cut and arrange flowers in vase	Times					1					2					3					4	

Life Skill	QTY	Bronze					Silver						Gold						Platinum					
Practical (continued)	<u> </u>	1																						
Make pancakes	Times					1					2					3				4	5			
Boil and peel eggs (on different days)	Times					1					2					3			4	5	6			
Scramble eggs	Times					1					2					3			4	5	6			
Make and bake a cake	Times					1					2					3					4			
Make sandwiches	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
Help prepare and cook a meal	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
Help prepare and write a shopping list	Times				1	2				3	4			5	6	7			8	9	10			
Help collect items when shopping	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
Help unpack shopping	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
Return an item to a store				Once					Once	;				Once					Once	ı	ı			
Use own money to buy & check change	Times				1	2				3	4				5	6				7	8			
Make a deposit with a teller at a bank	Times					1					2					3				4	5			
Collect sponsors for "a-thons"	Times			Once					Once	)				Once					Once					
Save own money	Dollars					25					50					75					100			
Do jobs to earn money	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
Can pack own bag for holidays	Times			Once					Once	;			Со	nsister	ntly			Со	nsiste	ntly				
Can read an analogue clock	Times		Со	nsiste	ntly			Со	nsiste	ently			Со	nsister	ntly			Со	nsiste	ntly				
Grow at least 2 vegetables from seeds	Times			Once	!				Once	)				Once					Once					
Help weed the garden—20mins	Times			1	2	3			4	5	6		7	8	9	10	11	12	13	14	15			
Rake the lawn	Times			1	2	3			4	5	6		7	8	9	10	11	12	13	14	15			
Help plant a tree or flowers	Times					1					2					3					4			
Practice an instrument - 30 min x 5days	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
Clean pet food bowl or cages	Times				1	2				3	4			5	6	7			8	9	10			
Social																								
Say grace at mealtimes	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
Write a letter to a relative	Times					1					2					3					4			
Helped dress, bathe and hold a baby	Times					1					2					3					4			
Read a story to a younger child	Times					1					2					3				4	5			
Make a gift for a family member	Times					1					2					3					4			
Help an elderly person	Times					1					2					3					4			
Raise money for charity	Times			Once	!				Once	)				Once					Once					
Weed Neighbor's garden	Times			Once					Once	)				Once			Twice							
Become a member of Boys/Girls Brigade ,Scouts etc.	Time		6	mont	hs			6	mont	hs			6	month	ns			6	month	ns				
Write a thank you note (not to family)	Times					1					2					3					4			
Take part in a church or theatre drama	Times			Once					Once	;				Once					Once					
Read the Bible at family devotion	Times				1	2				3	4		5	6	7	8				9	10			
Make a card for family or friend	Times				1	2				3	4				5	6				7	8			
Write to a pen pal (not email)	Times					1					2					3					4			
Sing in a choir for	Months					1					2					3					4			
Sing a solo to non-family members				Once					Once	)				Once										
Learn and quote a Bible passage	verse					5					8					10					10			
Don't watch TV	week					1					2					3					4			

Life Skill	QTY	Bronze				Silver							Gold					SIGN				
Social (continued)							<u> </u>										1					
Bring mail into home	Weeks				1	2				3	4				5	6				7	8	
Play with a toddler for 45mins	Times					1					2					3					4	
Take a baby/toddler for a walk in pram	Times					1					2					3					4	
Write letter to family member	Times					1					2					3					4	
Invite a friend over for a few hours	Times					1					2					3					4	
Help a neighbour	Times					1					2					3					4	
Perform acts of kindness	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Take orders - tea & coffee for 2+ people	Times					1					2					3					4	
Serve afternoon/morning tea	Times					1					2					3					4	
Visit a nursing home or hospital			<u> </u>	Once		<u> </u>			Once	9				Once				l	Once			
Give a foot or hand massage	Times				1	2				3	4				5	6				7	8	
Say 'Thank you'	Times		Со	nsiste	ntly			Со	nsiste	ently			Со	nsistei	ntly			Со	nsiste	ntly		
Give your parents a big hug every day	Times		Со	nsiste	ntly			Со	nsiste	ently			Со	nsiste	ntly			Со	nsiste	ntly		
Donate something of yours to charity	Times					1					2					3					4	
Make a Christmas 'shoe box' to donate				Once					Once	9	<u> </u>			Once				<u> </u>	Once	<u> </u>		
Career	<u> </u>						<u> </u>										<u> </u>					<u> </u>
Borrow books from the library	Times		Со	nsiste	ntly			Со	nsiste	ently			Со	nsiste	ntly			Со	nsiste	ntly		
Deliver 'junk' mail or local paper for:	Months					1					2					3					4	
Answer phone correctly	Times			1	2	3			4	5	6		Со	nsistei	ntly	<u> </u>		Со	nsiste	ntly		
After a request - go the 'extra mile'	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Takes a written phone message	Times				1	2			3	4	5	6	7	8	9	10		Со	nsiste	ntly		
Read age-appropriate books	Books	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Physical fitness																		l				
Get 30mins exercise 3 times pr week	Weeks				1	2				3	4		5	6	7	8	10	12	14	16	20	
Join and play in a sporting club	Months					1					2					3					4	
Do push ups	Times			10					10					15					20			
Do sit ups	Times			10					20					20					30			
Health and Safety																						<u> </u>
Recall home phone number & address			А	chieve	ed			Со	nsiste	ently			Со	nsiste	ntly			Со	nsiste	ntly		
Wash hands before a meal			Со	nsiste	ntly			Со	nsiste	ently			Со	nsiste	ntly			Со	nsiste	ntly		
Swim skills		Tre	ead W	ater 3	0 seco	ond		Sw	im 10	Mtrs			Sw	im 20N	/trs			Sw	im 50N	/Itrs		
Wears a hat and shirt when outside			Со	nsiste	ntly			Со	nsiste	ently			Со	nsiste	ntly			Со	nsiste	ntly		
Can clean and bandage minor cut (self)			А	chieve	ed			Α	chiev	ed			A	chieve	ed			А	chieve	ed		
Has turned off the mains water valve			А	chieve	ed			Α	chiev	ed			A	chieve	ed			A	chieve	ed		
Knows how to use emergency number/s			А	chieve	ed			Α	chiev	ed			A	chieve	ed			А	chieve	ed		
Can locate torch, seek professional help				N/A				Α	chiev	ed			A	chieve	ed			А	chieve	ed		
Parent Choice:	<u> </u>						<u> </u>										<u> </u>					<u> </u>
	1						<del>                                     </del>			<del>                                     </del>	1											