

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

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

Bronze Silver Gold Platinum

Life Skills Awards for Secondary students

Life Skills 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 Secondary years.

Bronze Award: Complete 50 life skills

Silver Award: Complete 60 life skills

Gold Award: Complete 75 life skills

Platinum Award: Complete 90 life skills

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

Bronze					Silver					Gold					Platinum					SIGN					
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	

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



ACHS

Australian Christian
Home Schooling

Secondary Life Skills AWARD

www.achs.edu.au

Phone: (07) 3881 5745

Bronze Silver Gold Platinum

Customer Code _____

Given Name _____ Surname _____

Start Date / / to End Date / /

Has achieved Bronze Silver Gold Platinum * Life Skills Award

*Please circle the respective award that your child has achieved

Life Skill	QTY	Bronze					Silver					Gold					Platinum					SIGN
Practical																						
Use a map to navigate while parent driving	Times				1					2				3	4					5	6	
Prepare shopping list for family groceries	Times				1					2					3						4	
Check oil and water level in car	Times			1	2				3	4				5	6					7	8	
Carve family roast	Times				1					2					3						4	
Reach Grade 1 with any musical instrument	Times	Once					Once					Once					Once					
Sew on a button	Times				1					2					3						4	
Clean house for 20 minutes	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Cook and prepare a two course meal for	People				2					4					6						8	
Use public transport by yourself	Times				1					2					3						4	
Grow and care for two vegetables	Times	Once					Once					Once					Once					
Grow and care for two herbs	Times	Once					Once					Once					Once					
Grow and care for two flowers	Times	Once					Once					Once					Once					
Do gardening or weeding	Hours	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Make items of clothing	Items				1					1					2						2	
Iron clothes for	Hours	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Do a basic first aid course	Times	Once					Once					Once					Once					
Catch a fish	Times	Once					Once					Once					Once					
Send a text message on a mobile phone	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Change a tap washer	Times	Once					Once					Once					Once					
Complete Rosetta Stone language course	Level				1					2					3						3	
Sweep paths/ lawns weekly for	Months				1					2					3						4	
Enter an item in your local Show	Times	Once					Once					Once					Once					
Cook a family meal	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Change a nappy	Times				1					2					3						4	
Mend clothes	Times				1					2					3						4	
Learn basic sewing on a sewing machine	Times	Once					Once					Once					Once					
Mow the lawn	Times				1	2				3	4				5	6				7	8	
Take phone message correctly	Times				1	2				3	4				5	6				7	8	
Pack for self when going away	Times	Once					Once					Twice					Twice					
Babysit	Times				1					2					3						4	
Get learners permit	Times	Once					Once					Once					Once					
Get driver's licence	Times	Once					Once					Once					Once					
Use a diary for future events		Sometimes					Usually					Consistently					Consistently					
Learn to tie a necktie	Times	Once					Once					Once					Once					
Make a gift for a family member	Times				1					2					3						4	
Do the shopping at the supermarket	Times				1					2					3						4	
Change a bike tyre	Times	Once					Once					Once					Once					
Change a car wheel	Times	Once					Once					Once					Once					
Make own breakfast		Sometimes					Usually					Consistently					Consistently					
Make own lunch		Sometimes					Usually					Consistently					Consistently					
Determine where north is by using a watch	Times				1					2					3						4	

Life Skill	QTY	Bronze					Silver					Gold					Platinum					SIGN
Practical (continued)																						
Is punctual and doesn't keep family waiting		Usually					Usually					Consistently					Consistently					
Room is neat and tidy		Usually					Usually					Consistently					Consistently					
Prepare a budget for	Months			1	2	3			4	5	6			7	8	9			10	11	12	
Save money	Dollars					100					200					300					500	
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	
Get a bronze medallion (swimming)		Once					Once					Once					Once					
Social/Civic																						
Interrupt parent appropriately		Consistently					Consistently					Consistently					Consistently					
Don't watch TV	Weeks					1					2					3					4	
Don't play computer games	Weeks					1					2					3					4	
Write a thankyou to someone outside the family	Times	Once					Once					Once					Once					
Join and play in a sporting club	Months					1					2					3					4	
Say thankyou and please		Consistently					Consistently					Consistently					Consistently					
Wash Neighbour's car	Times	Once					Once					Once					Once					
Weed Neighbour's garden	Times	Once					Once					Once					Once					
Explain a current political issue	Times				1	2				3	4					5					6	
Be a member of Scouts or equivalent	Months				1	2				3	4				5	6				7	8	
Join a cultural club such as chess, drama, dance, book, debating, choir	Times				1	2				3	4				5	6				7	8	
Be involved in a theatre production	Times	Once					Once					Once					Once					
Plan an event or party	Times	Once					Once					Once					Once					
Write to a pen pal (not email)	Times				1	2				3	4				5	6				7	8	
Watch question time in State Parliament	Hours					1					2					2					2	
Recite or sing the National Anthem	Times	Once					Once					Once					Once					
Get a letter published in local paper	Times	Once					Once					Once					Once					
Read the Newspaper	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Meet a local Member of Parliament	Times	Once					Once					Once					Once					
Write out your personal testimony	Times	Once					Once					Once					Once					
Share your testimony in church/youth group	Times	Once					Once					Once					Once					
Write a letter to a policeman to thank them for what they do	Times	Once					Once					Once					Once					
Attend an Anzac Day service	Times	Once					Once					Once					Once					
Visit a recycling station	Times	Once					Once					Once					Once					
Visit people in a nursing home or hospital	Times					1					2					3					4	
Clean up rubbish in your street or local park	Hours				1	2				3	4				5	6				7	8	
Look after friends' or neighbours' pet or garden while they are on holiday	Times	Once					Once					Once					Once					
Help run a garage sale	Times	Once					Once					Once					Once					
Give blood at the blood bank	Times	Once					Once					Once					Once					
Write a letter of appreciation to a company for providing excellent service or products	Times	Once					Once					Once					Once					

