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 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.

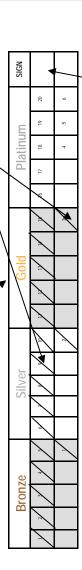
Complete 50 life skills Complete 60 life skills **Bronze Award:**

Complete 75 life skills Silver Award: Gold Award:

Complete 90 life skills Platinum 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

Secondary Life Skills AWARD

Phone: (07) 3881 5745 www.achs.edu.au









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							Silv	er				Gold				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											
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	;				Onc	e				Once					Once				
Grow and care for two herbs	Times	Once							Onc	e				Once					Once				
Grow and care for two flowers	Times	Once						Onc	e				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							Onc	e	•												
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											
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	:				Onc	e				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	:				Onc	e				Twice	,				Twice	e			
Babysit	Times					1					2					3					4		
Get learners permit	Times			Once	;				Onc	e				Once					Once				
Get driver's licence	Times			Once	;				Onc	e				Once				Once					
Use a diary for future events			So	metin	nes				Usua	lly			Co	nsistei	ntly			Co	nsiste	ntly			
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	;				Onc	e				Once					Once				
Change a car wheel	Times			Once	;				Onc	e				Once		Once							
Make own breakfast			So	metin	nes				Usua	lly			Co	nsiste	ntly			Consistently					
Make own lunch			So	metin	nes		Usually						Co	nsistei	ntly			Consistently					
Determine where north is by using a watch	Times					1					2					3					4		

Life Skill	QTY	Bronze					(Silve	r						SIGN							
Practical (continued)																						
Is punctual and doesn't keep family waiting		Usually						Ţ	Jsual	ly			Cor	nsistei	ntly							
Room is neat and tidy		Usually					Ţ	Jsual	ly			Coı	nsistei	ntly								
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	•													
Social/Civic																						
Interrupt parent appropriately		Consistently					Co	nsiste	ntly			Coı	nsistei	ntly								
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									
Join and play in a sporting club	Months					1					2					3					4	
Say thankyou and please		Consistently						Co	nsiste	ntly			Coı	ısisteı	ntly			Co	nsiste	ntly		
Wash Neighbour's car	Times			Once	;				Once	e												
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				
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															
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	;			
Write out your personal testimony	Times			Once	;				Once	•												
Share your testimony in church/youth group	Times			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 gar- den while they are on holiday	Times			Once	:				Once	•												
Help run a garage sale	Times			Once	;				Once	•												
Give blood at the blood bank	Times			Once	;		Once															
Write a letter of appreciation to a company for providing excellent service or products	Times			Once	;				Once	e				Once								

Life Skill	QTY	Bronze					S	lver					SIGN									
Social/Civic (continued)	cial/Civic (continued)																					
Make some gifts for neighbours	Gifts				1					2					3					4		
Help at a charity or church event	Hours				1					2					3					4		
Do street evangelism	Times	Once				Once						C										
Join a community service organisation	Times	Once			Once					Once					Once							
Career/Education		1																				
Learn to touch type with 98% accuracy at words per minute	WPM				20					25					30					35		
Attend an open day at a university	Times				1					1					2					2		
Work on a farm	Days				1					1					2					2		
Prepare a resume with at least 2 referees	Times		Onc	e			C	nce				C	Once					Once				
Achieve a Level II Certificate at TAFE	Times	Once					Once					C										
Complete PACEs in one term	Number				15		18				20							25				
Deliver junk mail or local papers	Months				1					2				3	4				5	6		
Get part-time work (other than junk mail)	Times		Onc	e		Once																
Get a tax file number	Times		Onc	e			Once					Once					Once					
Open a bank account	Times	Once				Once					Once					Once						
Write 1000 word essay on serving God	Times	Once				Once					Once					Once						
Physical/Health																						
Go on a bushwalk	Hours			1	2					3					4					5		
Juggle 3 balls for	Throws				10					20					30					40		
Climb a mountain (500m)	Times		Onc	e			C	nce				C	nce					Once				
Ride a bike	Kms				5					10					15					15		
Run 1500m in less than 7min (M), 8 min (F)	Times		Onc	e			C	nce				C	Once					Once				
Don't eat "junk food"	Weeks			1	2				3	4				5	6				7	8		
Do push ups	Times		15			15																
Do sit ups	Times		20			20						30										
Safety																						
Explain internet safety rules	Times		Onc	e			C	nce				C	nce									
Practice home fire drill twice in one year	Times		Onc	e		Once									Once							
Explain house safety (Electricity; Heaters; Pool; Chemicals)	Times		Onc	e			C	nce							Once							
Demonstrate how to turn off mains water	Times		Onc	e		Once						C	Once					Once				
Demonstrate how to turn off mains power	Times		Onc	e			C	nce				C	nce					Once				
Know emergency number and when to use	Times	Once					C	nce				C	nce					Once				
Parent Choice:	1																					
								\perp														
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