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| **Complete 1 chore at home to help your family.**  **e.g., Wash the dishes.** | **Make a snack for yourself by following instructions from an adult.** | **Make a snack for someone else by following their instructions.** | **Follow a recipe to make something for your family. Choose the right ingredients and equipment.** |
| **Have a 15-minute conversation with your family about something they are interested in.** | **Read a book, magazine, comic or visit the library with a trusted adult. Talk about the book with your trusted adult.** | **With a trusted adult, order a takeaway over the phone by using a takeaway menu.** | **Write a message or a letter to a friend telling them why they are a good friend.** |
| **Visit a shop and use money to buy at least 3 items from a shopping list. Use money to pay for the items.** | **Go for a walk in your local community with a trusted adult and show how you can cross the road safely.** | **Spend at least 1 hour outside doing something fun, playing with friends or exercise.** | **Take time to sit outside, visit a park or go for a walk and listen to the sounds of nature. How does it make you feel?** |
| **Create a cartoon character, give it a name, and describe its personality. Create an adventure for your character.** | **Create a new superhero. Design a costume and come up with a superhero slogan.** | **Create a collage of all the things that make you happy or that you really like. You can use magazine picture, or you can draw.** | **Do something that links to your personal aspiration PLG.** |