

Life Skills Award – Primary DRAFT

These awards are aimed to encourage our young people to learn those everyday skills which are such an important part of contributing to a household. They will learn that parents are not their servants but as a result of training they are being prepared for life itself.

Please make comments for new ideas or improvements via our website!

Bronze level: Minimum commitment and complete 40 life skills

Silver Level: Middle commitment and complete 60 life skills

Gold Level: Greatest commitment and complete 75 life skills

Platinum Level: Greatest commitment and complete 90 life skills

	Bronze	Silver	Gold	Tally
Practical				
Dress yourself without help	1 week	1 month	consistently	
Brush teeth at least twice every day	1 week	1 month	consistently	
Make bed	1 month	3 months	consistently	
Brush hair neatly	1 month	3 months	consistently	
Put away toys	1 month	3 months	consistently	
Set the kitchen table	10 times	20 times	once per week	
Feed a pet	10 times	20 times	consistently	
Tie own shoelaces	consistently	consistently	consistently	
Put dirty clothes in basket	1 month	3 months	consistently	
Clean bedroom	1 month	3 months	consistently	
Clean table after meals	10 times	20 times	once per week	
Prepares own breakfast	consistently	consistently	consistently	
Sweep leaves or outside paths	5 times	10 times	15 times	
Help in garden	2 hours	4 hours	6 hours	
Take out rubbish	1 month	2 months	4 months	
Ride a bike without trainer wheels	All	All	All	
Leave bathroom clean and tidy after use (consistently)	consistently	consistently	consistently	
Leave toilet clean after use (consistently)	consistently	consistently	consistently	
Be out of bed by 7am Mon-Fri	consistently	consistently	consistently	
Be in bed by 8pm Mon-Fri	consistently	consistently	consistently	
Can listen to and relay a three part verbal message	All	All	All	
Water indoor plants	1 month	2 months	4 months	
Spring cleans room once per year	All	All	All	
Cuts own nails	All	All	All	

	Bronze	Silver	Gold	Tally
Washes own hair	All	All	All	
Helps with basic spot removal on clothes	Once	2 times	3 times	
Irons own clothes with help	2 items	10 items	20 items	
Hand washes woollens or other clothes	Once	2 times	3 times	
Sews on button	Once	2 times	3 times	
Shakes and beats rugs	Once	2 times	3 times	
Loads dishwasher correctly	5 times	10 times	15 times	
Cleans pet cages and bowls	Once	2 times	3 times	
Helps washing pots after meal	5 times	10 times	15 times	
Polish silverware or brassware	Once	Once	Once	
Oil squeaky door	Once	Once	Once	
Number of dental fillings	Less than 2	Less than 2	None	
Boil and peel eggs (On different days)	Once	2 times	3 times	
Scramble eggs	Once	2 times	3 times	
Make pancakes	Once	2 times	3 times	
Make and bake a cake	Once	Once	Once	
Reach Grade one with any music instrument	All	All	All	
Make a deposit with teller at a bank	All	All	All	
Return an item to a store (faulty or not suitable)	All	All	All	
Clean and polish shoes	Once	2 times	3 times	
Can read an analogue clock	All	All	All	
Can pack own bag when going away for holiday	All	All	All	
Cut and arrange flowers from garden in a vase with help	All	All	All	
Help clean house for 15 min	5 times	10 times	15 times	
Help sort clothes and empty pockets for laundry	2 times	4 times	6 times	
Has helped dress, bathe and hold a baby	Once	2 times	3 times	
Assist putting groceries away	5 times	10 times	15 times	
Help dry up or empty dishwasher	5 times	10 times	15 times	
Grow at least two vegetables from seed	All	All	All	
Help to cook meal	5 times	10 times	15 times	
Help prepare shopping list	2 times	4 times	6 times	
Help hang out clothes on line	5 times	10 times	15 times	
Help bring clothes from clothes line including folding	5 times	10 times	15 times	
Help clean the car	Once	2 times	3 times	
Put own clothes away neatly in drawers	5 times	10 times	15 times	
Help do the clothes washing	5 times	10 times	15 times	
Help clean oven or defrost freezer	All	All	All	
Social				
Say grace at mealtime	2 times	4 times	6 times	
Do acts of kindness	5 times	10 times	15 times	
Write a letter to a relative	Once	2 times	3 times	
Read a story to a younger child	Once	2 times	3 times	

	Bronze	Silver	Gold	Tally
Make a gift for a family member	Once	2 times	3 times	
Be a member of Cubs, or Awana or similar for 6 months	All	All	All	
Come to ACC family camp	All	All	All	
Watch no TV for:	One month	2 months	3 months	
Write a thank you note to someone outside the family	Once	2 times	3 times	
Go to student convention	All	All	All	
Have a part in a church or theatre drama or production	All	All	All	
Read the Bible at family devotion	2 times	4 times	6 times	
Make a card for friend or family member	2 times	4 times	6 times	
Write to a pen pal:	Once	2 times	3 times	
Sing in a choir for	One month	2 months	3 months	
Sing a song (solo) to at least 2 non family members	All	All	All	
Learn and quote a Bible passage of	5 verses	10 verses	20 verses	
Take a baby or toddler for a walk in a stroller or pram	Once	2 times	3 times	
Has played with a toddler for over an hour	Once	2 times	3 times	
Has invited a friend over for a couple of hours	Once	2 times	3 times	
Has joined vcampus and contributed to an online chat forum	All	All	All	
Provide tea and coffee, taking orders for two or more people	Once	2 times	3 times	
Says thank you and please consistently	consistently	consistently	consistently	
Give your parents a big hug every day	consistently	consistently	consistently	
Career				
Answer phone correctly	2 times	4 times	consistently	
Read age appropriate books	5 books	10 books	20 books	
Deliver junk mail or local paper for:	6 weeks	3 months	4 months	
When asked to do something- go the extra mile	5 times	10 times	15 times	
Has watched a concrete pour on house or construction site	All	All	All	
Used a library card to borrow books from local library	All	All	All	
Has reserved a book at local library	All	All	All	
Takes written phone message correctly	2 times	4 times	consistently	
Health & Safety				
Recall home phone number and address	All	All	All	
Wash hands before meals	consistently	consistently	consistently	
Recall the phone number of trusted friend or relative	All	All	All	
Know and practice fire drill at home (2 times)	All	All	All	

	Bronze	Silver	Gold	Tally
Reach these levels in Vacswim	Level 2	Level 4	Level 6	
Wears a hat and shirt when outside (consistently)				
Know how to clean minor cut and put on bandage by self	All	All	All	
Replace light bulb correctly and safely	All	All	All	
Start a wood stove or heater or fire	All	All	All	
Has turned off the mains water shutoff valve	All	All	All	
Know where torch is and can check fuse box in the dark	All	All	All	
Know emergency number and when to use and not use it	All	All	All	
Physical				
Get 30 min exercise 3 times per week	2 weeks	One month	2 months	
Join and play in a sporting club or gymnastics or little athletics	2 months	4 months	6 months	