











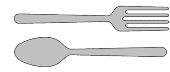


















# 30 Day Life Skills Challenge

© The Mum Educates

<p>Learn how to load and unload the washing machine.</p> <p><b>Day 1</b></p> 	<p>Make your bed.</p> <p><b>Day 2</b></p> 	<p>Learn to wrap a gift.</p> <p><b>Day 3</b></p> 	<p>Cook a new meal from whatever you have in the fridge.</p> <p><b>Day 4</b></p> 	<p>Make your own breakfast.</p> <p><b>Day 5</b></p> 
<p>Learn to tie your shoelaces.</p> <p><b>Day 6</b></p> 	<p>Learn to stitch a button.</p> <p><b>Day 7</b></p> 	<p>Learn to tell the time in both digital and analogue clock.</p> <p><b>Day 8</b></p> 	<p>Set a dinner table for your family.</p> <p><b>Day 9</b></p> 	<p>Sort the recyclable bins.</p> <p><b>Day 10</b></p> 
<p>Make a cucumber or cheese sandwich.</p> <p><b>Day 11</b></p> 	<p>Wash a dish or pot.</p> <p><b>Day 12</b></p> 	<p>Learn to use a knife and fork.</p> <p><b>Day 13</b></p> 	<p>Read a book and act out a scene from it.</p> <p><b>Day 14</b></p> 	<p>Girls: Learn to plait hair. Boys: Do a cool hairstyle.</p> <p><b>Day 15</b></p> 
<p>Clean your bedroom.</p> <p><b>Day 16</b></p> 	<p>Know your full name, phone number and complete home address.</p> <p><b>Day 17</b></p> 	<p>Learn how to use a vacuum cleaner.</p> <p><b>Day 18</b></p> 	<p>Plant a herb and take care until it grows.</p> <p><b>Day 19</b></p> 	<p>Hang the clothes out to dry.</p> <p><b>Day 20</b></p> 
<p>Dress yourself.</p> <p><b>Day 21</b></p> 	<p>Hang clothes on a hanger.</p> <p><b>Day 22</b></p> 	<p>Learn to fold clothes.</p> <p><b>Day 23</b></p> 	<p>Mop one room in your house.</p> <p><b>Day 24</b></p> 	<p>Clean your kitchen shelves.</p> <p><b>Day 25</b></p> 
<p>Peel vegetables safely.</p> <p><b>Day 26</b></p> 	<p>Know who to call in an emergency.</p> <p><b>Day 27</b></p> 	<p>Iron a pillowcase and put it on the pillow.</p> <p><b>Day 28</b></p> 	<p>Know when to use 999 and when to use 111 emergency services.</p> <p><b>Day 29</b></p> 	<p>Tidy your toys.</p> <p><b>Day 30</b></p> 

**From left to right:** What is your favourite song? 1what is your favourite snack? What calms you before you fall asleep? What makes you laugh? Name something new you wish to learn. If you cannot print this off, make your own; be creative!



# I Can Grow My Brain

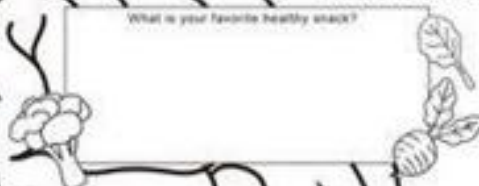
by \_\_\_\_\_



What is your favorite song?

The right foods can improve your brain function, memory, and concentration.

What is your favorite healthy snack?



Did you know your brain works better after you exercise?

Draw or write what sport you like to play!

SLEEP IMPROVES YOUR MEMORY AND HELPS YOUR BRAIN SOLVE PROBLEMS.

Zzzzzz



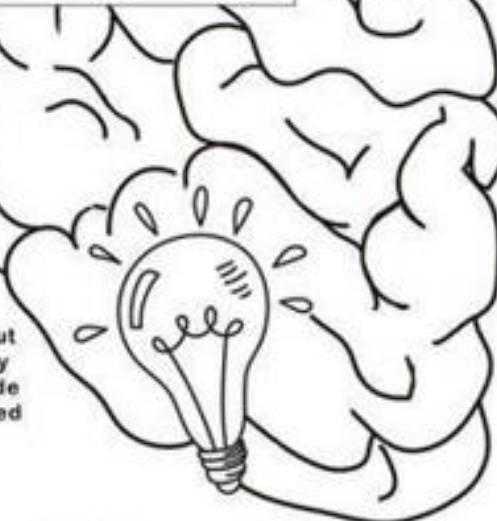
What calms you before you fall asleep?



What makes you laugh?

There are about 100 billion tiny little cells inside your brain called neurons.

Your brain can produce enough electricity to power a light bulb.



Name something new you want to learn.

Learning something new is like building a bridge between your brain cells. When you practice what you're learning the bridge gets stronger!

