SERVICE

Term 2 theme:

Help Out Around the House



A Message for Parents and Carers:

This term's Let Grow challenge focuses on helping children recognise the important contribution they can make at home.

As children grow, they become capable of taking on greater responsibilities. Completing household tasks not only helps families, but also develops confidence, independence and important life skills. It gives children opportunities to show responsibility, perseverance and care for others.

Together with your child, choose a task or responsibility that they can take ownership of and complete regularly or independently.

What's Next?

1. Choose a responsibility

- Use this term's Activity Ideas List below or help your child identify another way they can contribute at home.

2. Let your child take ownership

- Encourage them to plan, organise and complete the task themselves wherever possible. Resist the temptation to step in too quickly if they encounter difficulties.

3. Reflect together

Use the questions below to discuss what your child learnt from the experience.

- What responsibility did you take on?
- What was the most challenging part?
- How did it feel to help others?
- What did you learn about yourself?

Activity Ideas

Families should decide what is suitable for their child based on age, maturity and individual circumstances.

Helping Around the Home
Set and clear the table for family meals.
Unload the dishwasher.
Help load and sort laundry.
Fold and put away washing.
Keep your bedroom tidy for a week.
Change your bedding (with support if needed).
Empty bins around the house.
Help prepare ingredients for meals.
Make a simple breakfast independently.
Help pack lunches.

Looking After Others
Read to a younger sibling.
Play with a younger child while an adult completes a task nearby.
Help a family member with a chore.
Make a drink or snack for someone.
Help an elderly relative with a simple task.
Carry out an act of kindness without being asked.

Taking Responsibility
Feed a pet each day for a week.
Walk a dog with an adult.
Water indoor or outdoor plants.
Look after your school equipment independently.
Prepare your school bag independently every day.
Organise sports kit or club equipment.

Planning and Organising
Help write a shopping list.
Plan a family board games night.
Help organise a family outing.
Plan and prepare a simple meal with support.
Organise books, toys or belongings at home.
Create a timetable for your weekly responsibilities.

Contributing to the Community
Help collect food for a local food bank.
Write a thank-you card to someone who helps others.
Help tidy a local space with your family.
Support a community event.
Carry out a litter pick with an adult.