

ACTIVITY	LEADER	Examples	Parent signature
I have regularly communicated with a family member/friend in another house via telephone, FaceTime, zoom, what's app	Communication		
I have taken part in at least 15 minutes of exercise 3 times a week, e.g. Joe Wicks workout, riding my bike, going for walks etc.	Commitment (reliable)		
I practise my skills regularly during lockdown (school work, dance, choir, sport, cooking etc.) I share these with my family.	Using my skills to benefit others (Recognising personal skills)		
Take part in a family activity e.g. a games night, doing arts & crafts, baking together etc	Team working (Part of a team)		
I have been given a job to do each day/week: such as setting the table, taking out the rubbish, feeding a pet etc.	Being accountable (Trustworthy)		
I have been a good member of my local community - clapping for the NHS, donating to a local foodbank or charity etc	Understanding my community		
I have tried a new activity or learnt a new skill (attach a photo/video)	Challenge and reflection		
I have helped around the house	Being a role model (Behaving well)		
I have completed some of the work set by my teachers each week	Organisation & Planning (Knowing what to do)		