



JUNiOR

DUKE

EST. 2006

LIFE SKILLS AWARD FOR AGES 3-13



We will cover:

- **What is the Junior Duke Award?**
- **Why are we offering the Award at school?**
- **What will your child need to do?**
- **How can you help at home, and why?**



What is the Junior Duke Award?



- 10 age-appropriate levels of challenges aimed at developing independence, confidence and resilience
- challenges broaden horizons and develop awareness of others and our world
- completion of each level earns your child a certificate and metal badge



How each challenge is set out:

post-it explaining relevance of the challenge

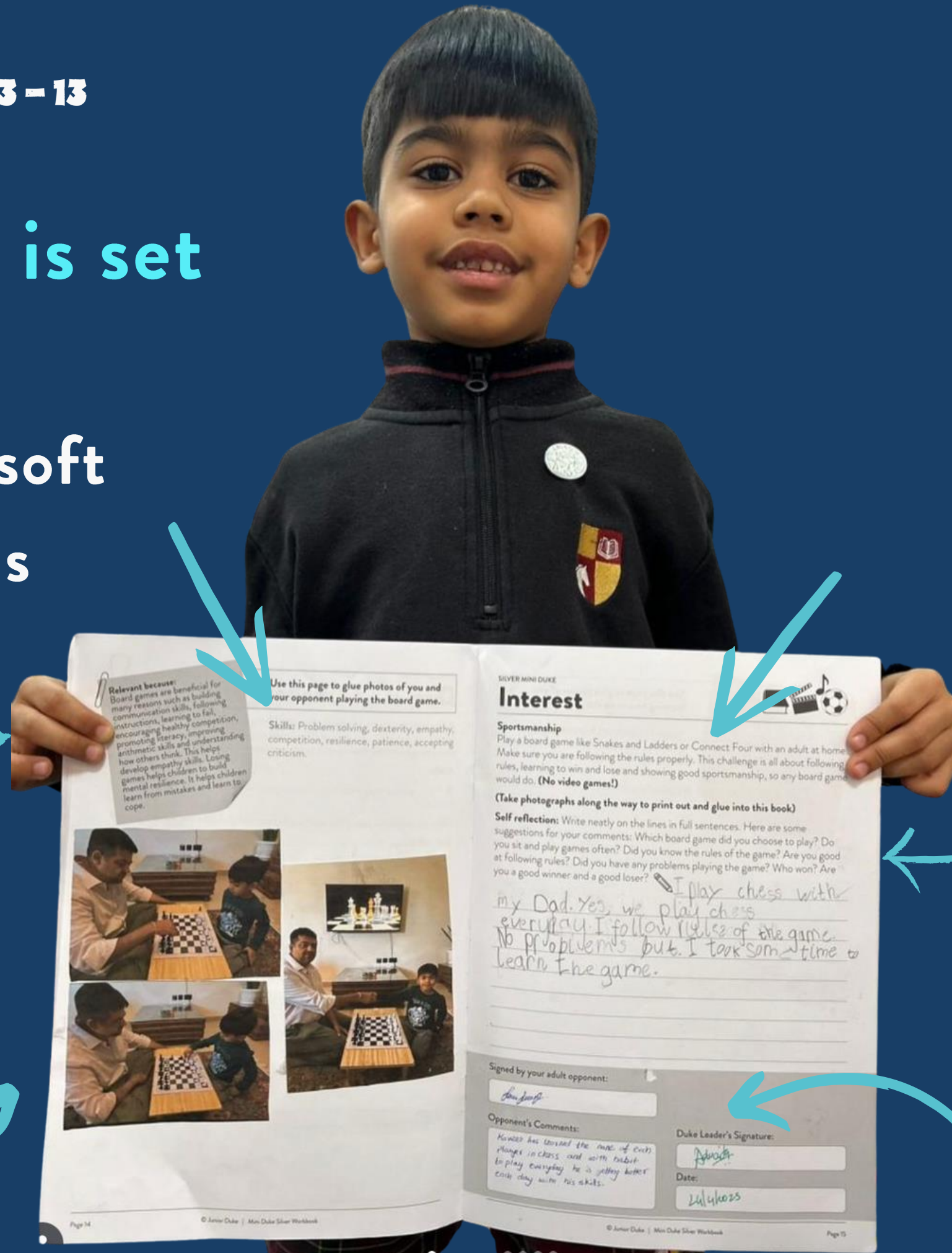
list of soft skills

challenge explained

self reflection questions

parent's comment & assessor's signature

space for evidence



What kinds of challenges are involved?

Budgeting



Fire building



Chores



Risk taking



Gift wrapping

Adventure



Cooking



Dramatic reading



tooth brushing

Why are we offering the Award at school?

Our students will:

- become more **capable & independent**
- fail a few times on the road to success and therefore develop **resilience**
- need to **persevere** in order that they complete a level
- feel immense **pride** on completion.





- each challenge shows a list of the **soft skills** children will be utilising
- to complete each challenge, children need to **problem solve** and **plan**
- your child's **time management** skills will be developed and they will begin to see that they can **achieve** whatever they choose!
- they may discover new **talents** or **passions**
- This year we are trialing this with Y1 and Y4 to see if we should roll it out across the school.



Level 2 - Silver Challenges

Unless otherwise agreed by your teacher, to achieve the Silver Level you must complete 10 of the 14 sections.

Cookery:

Make a slice of toast

Creation:

Build a den.

Domestic Challenge:

A - Tidy and vacuum

B - Polish shoes

Interest:

Play a board game - following rules and learning how to win and lose.

Tying Knots:

Learn how to tie a:

* Double bow

* Figure of eight

* Reef knot

Reading:

Read a selection of tongue twisters, poems and stories in your local dialect.

Exercise:

Go on a long walk (2 hours is a good amount of time to be walking) and carry your own snacks etc. in a rucksack.

Drama:

Ask an older member of your family about things they did when they were younger.

Choose the story about his or her life which you like best and get all of the details. Then retell that story to your class.

Safety:

Learn your address and a helpful mobile phone number by heart. Learn how to use a phone to call the number you have memorised.

Eco Challenge:

Plant bulbs or plants and seeds and learn how to look after them.

Broadening horizons and raising awareness of cultures:

My Bubble:

Make a plan for if you ever get lost.

Taking Responsibility:

Look after our planet by recycling and upcycling.

Our Future:

Go on a nature walk/nature watch

Our World:

Listen to music from different countries.

Level 5 - Silver Challenges

Requirements to achieve the Silver Level:

Unless otherwise agreed, you must complete 10 of the 14 challenges.

Cookery:

Make a pot of soup and present the recipe.

Eco Challenge:

Go on a litter pick to your local park, at the coast, by a loch/lake or in the countryside.

Swimming or Egg Challenge:

A. Demonstrate one length each of front crawl, breaststroke and backstroke

B. Collect something from the bottom of the pool

C. Demonstrate a float

D. Float to survive

Or, if swimming is not an option for you, learn to cook eggs in 5 different ways!

First Aid:

- Know how to look after an unresponsive casualty and put people of different sizes into the Recovery Position.
- Be able to demonstrate how to apply a sling and know when it should be done.
- Be able to demonstrate how to help a choking casualty.

Interest:

- Learn to sew!
- Sew on a button as well as a name tag or a patch
- Sew a 'creation'.

Domestic Challenge:

Set the table for a three course meal. This should include a napkin and glass.

Time Management:

Set an alarm every day for two weeks so that you can be up, have had breakfast and be ready to leave for school without any help or nagging.

Drama:

Dramatically read a favourite 'Once upon a time' story to an infant class using suitable voices for the different characters.

Computer Skills:

Use computer skills to create a Party Invitation. You must include all the details a guest will need to know. It can be any sort of party - e.g. Football Party, BBQ, Movie Party, etc. You should add at least one picture and at least two fonts. Most importantly your invitation must be well laid out and attractive. It must be your own invention - start with a blank page.

Body Strength:

Follow Coach Craig's video showing you how to perform various body strength exercises three times a week for one month.

Broadening horizons and raising awareness of cultures around the world:

My Country

Go on a scavenger hunt for the oldest things in your area.

Selflessness

Do three selfless acts of kindness.

Our Future

Work on reducing your carbon footprint.

Our World

Find out which countries are on the same lines of latitude and longitude as the country where you live.

What will your child need to do?

They will need to:

- choose which of the challenges they would like to complete
- listen at school and work with you at home to complete each challenge
- Once a term they will need to meet with me to explain more about each challenge to an adult - we are pushing them out of their comfort zone!
- ask their teachers/Mr Steward if they need help
- write their self reflections in full sentences
- attach evidence of them completing each challenge
- sort problems for themselves!



How can you help at home, and why?

- Encourage your child to work on their challenges
- ‘guide’ them instead of ‘doing’ things for them
- forgive the mess
- allow more time for tasks to be completed
- take photos of them throughout the process & print them out
- allow them to fail a few time and embrace the ‘struggle’ as this will help them to develop resilience



How can you help at home, and why?

Most importantly, have fun with your child as they try these new tasks!

Embrace the madness; they will only be little for a short amount of time!

They love you, want to spend time with you and want to impress you!



First Aid



Next Steps

- The recording of this will be sent out to all parents in Y1 and Y4
- Please talk to your child about taking part and whether they would be interested
- I'll send out a form before the end of the week for you to confirm if you wish for your child to take part.
- Pay £10 per child on parent pay so we can order booklets and badges (to be set up).
- An assembly will be held for children taking part after half term (when resources have been ordered)



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