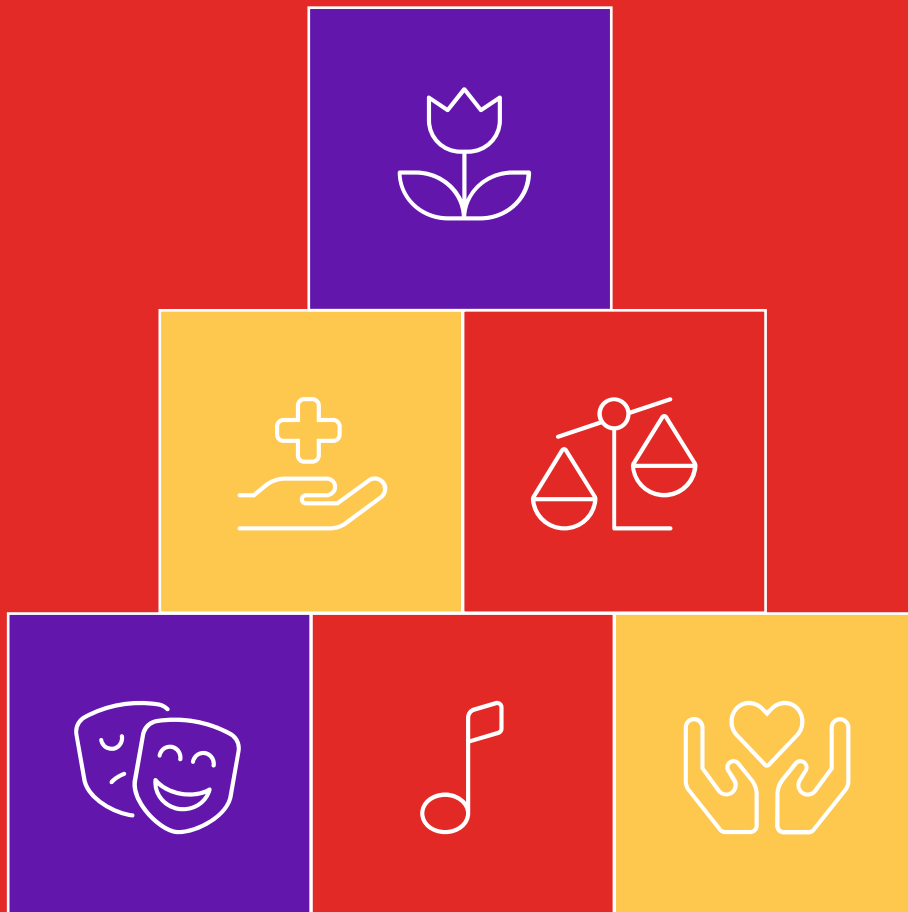


Providing you with life skills that will enable you to keep yourself and others safe, prepare you for your transition to secondary school and encourage you to get involved in a variety of extra-curricular activities and care about others.



Junior Citizens Challenge 2023



Skills	Year 3	Signed	Year 4	Signed	Year 5	Signed	Year 6	Signed
Leadership Be in charge of a group, organise and plan effectively	Help run a club or lead a group in one of your class projects		Lead a club		Lead a change in the classroom		Lead a change in the school	
School community Help others regularly in school	Help the teacher by doing a job		Help another learner or do a pupil job		Help another learner or do a pupil job		Help a younger learner or help improve the school grounds	
Wider community Give your time outside school to help others	Do some regular litter picking in your neighbourhood or a wildlife area		Talk to your neighbours, or perform a random act of kindness twice a month		Take a regular donation box to your local charity shop, or raise money for a local cause		Collect much-needed items to donate to a local homeless shelter, or volunteer with a local organisation	
Independence Develop your self-discipline	Change your own bedsheets or do your own laundry regularly		Help with the food shop, with your own list, or regularly help to clean your room		Be responsible for regular chores at home		Cook a meal for your family at least once every half term or learn a new skill over the year	
Communication Learn to speak and write clearly	Talk in front of your class		Talk in assembly or in the church		Write a letter or email to adults		Give a presentation to your year group	
Problem solving Spot and deal with issues pro-actively and fairly	When you notice a problem and tell your teacher, suggest a solution yourself		Deal with friendship issues yourself using repair & rebuild		Be a class R&R ambassador - help others use the process		Be a playground R&R leader	
Co-operation Listen to others and respect opinions	Contribute regularly to class discussions, sharing your views		In class discussions, build on other people's ideas and points courteously		In class discussions, contest other people's ideas and points courteously		Take a main part in a debate and speak persuasively to change peoples' minds	
Get involved Taking part in school events	Attend a school club (run by adults or children)		Enter a house competition or represent the school at a sporting event		Take part in a whole-school club like choir, orchestra, rock challenge		Take part in a whole-school club like choir, orchestra, Rock Challenge	
Eco Warrior	Plant a tree or plant flowers that attract butterflies or bees		Help your family to use less electricity or water		Help your family to make some plastic free swaps		Grow vegetables to eat	