



# 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

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# How each challenge is set out:

post-it explaining relevance of the challenge

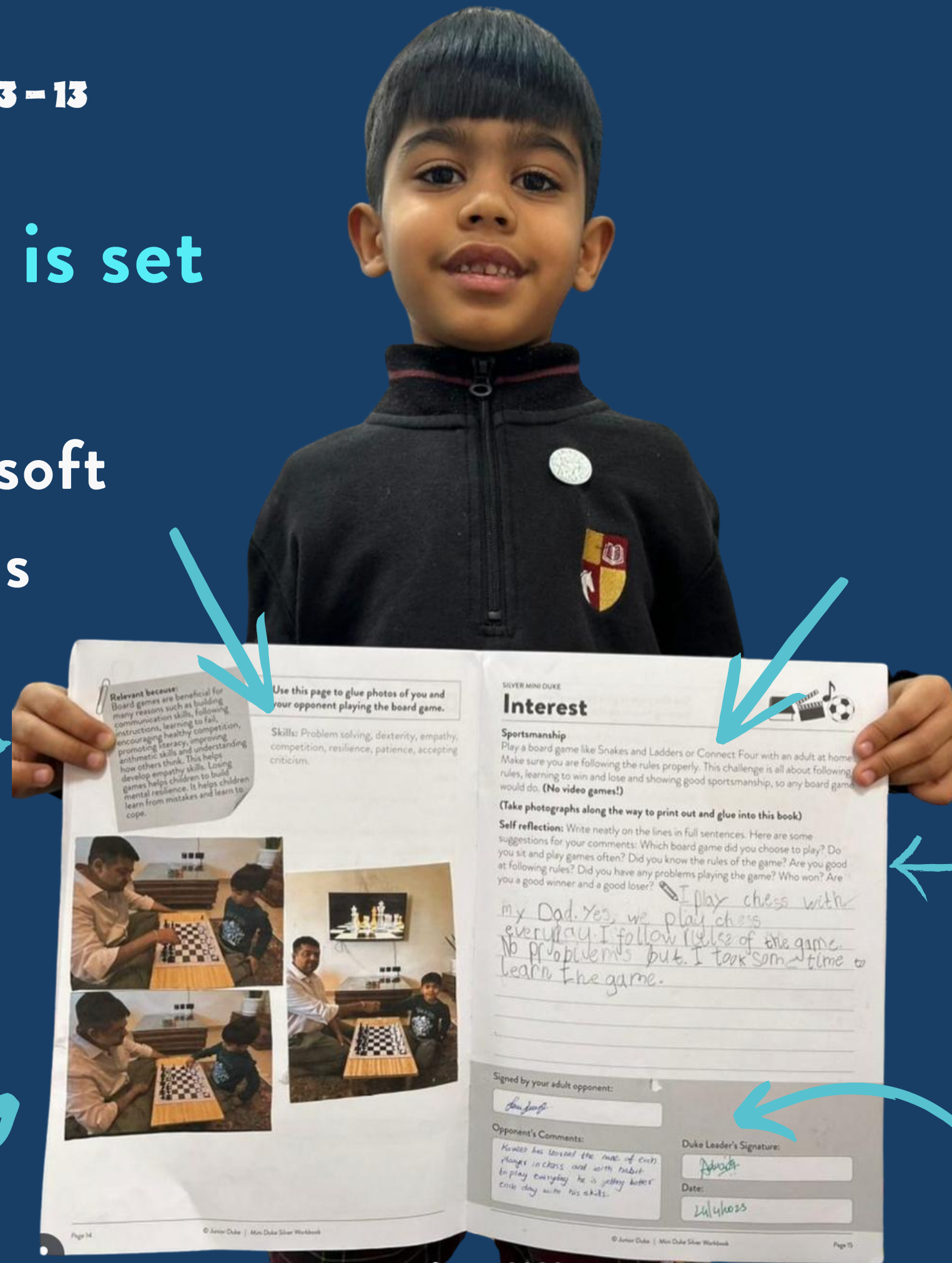
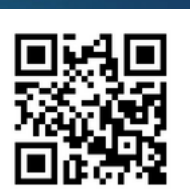
list of soft skills

challenge explained

self reflection questions

parent's comment & assessor's signature

space for evidence



# How each challenge is set out in the online version:

challenge explained

## ABOUT THIS CHALLENGE

Learn how to turn off the electricity for your house. Turn on the lights and music in different rooms then trip a few of the switches on your fuse box to learn which switch supplies electricity to which area. In case of emergency, learn how to turn off the electricity for the whole house. Then reset the clocks that you have affected! Also, learn where to turn off the water supply to your house. Turn it off. Try the taps. They shouldn't produce any water. Turn the water back on again. Learn how, and practise, using a fire blanket. If you don't have one, you can still **learn how to hold one properly making sure to protect your hands** (perhaps using a towel) and when one should be used.



## YOUR SUBMISSION

### Self Reflection

Answer in full sentences:

1. Did you know how to turn off the electricity and water supply?
2. Did you know what the different 'trip' switches on your fuse box were for?
3. Who showed you?
4. Does your kitchen have a fire blanket?
5. How did you learn how to hold the blanket to protect yourself?
6. Were any of these tasks difficult?
7. When do you think it could be helpful to know this information? Final thought - do you know how to turn off the gas supply?!

Reflection\*  
Post-challenge reflection...

### File upload

You are also be required to upload photos/videos as evidence. You can upload them here. Note: large videos

This challenge is part of



### Information

#### Reasons for doing this challenge

Teaching how to do these things can empower children to make informed decisions and stay safe around electricity, water and fire, particularly whilst cooking.

#### Skills covered by this challenge

- Risk assessment
- Problem solving
- Forward planning
- Curiosity

relevance of the challenge

self reflection questions

upload evidence



list of soft skills parent's comment box

# What kinds of challenges are involved?

Budgeting



Fire building



Chores



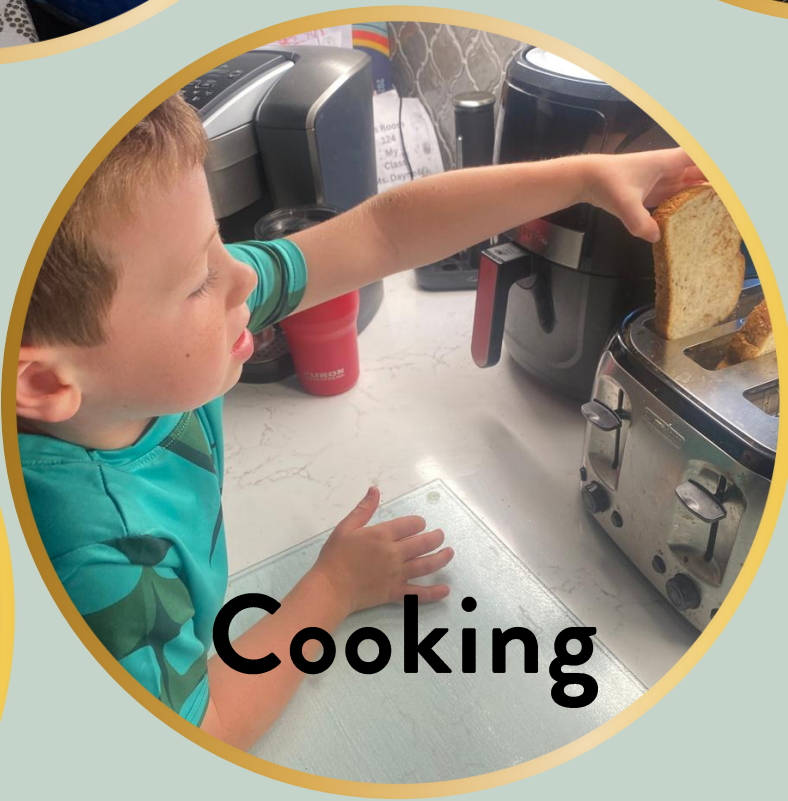
Risk taking



Gift wrapping



Adventure



Cooking



Dramatic reading

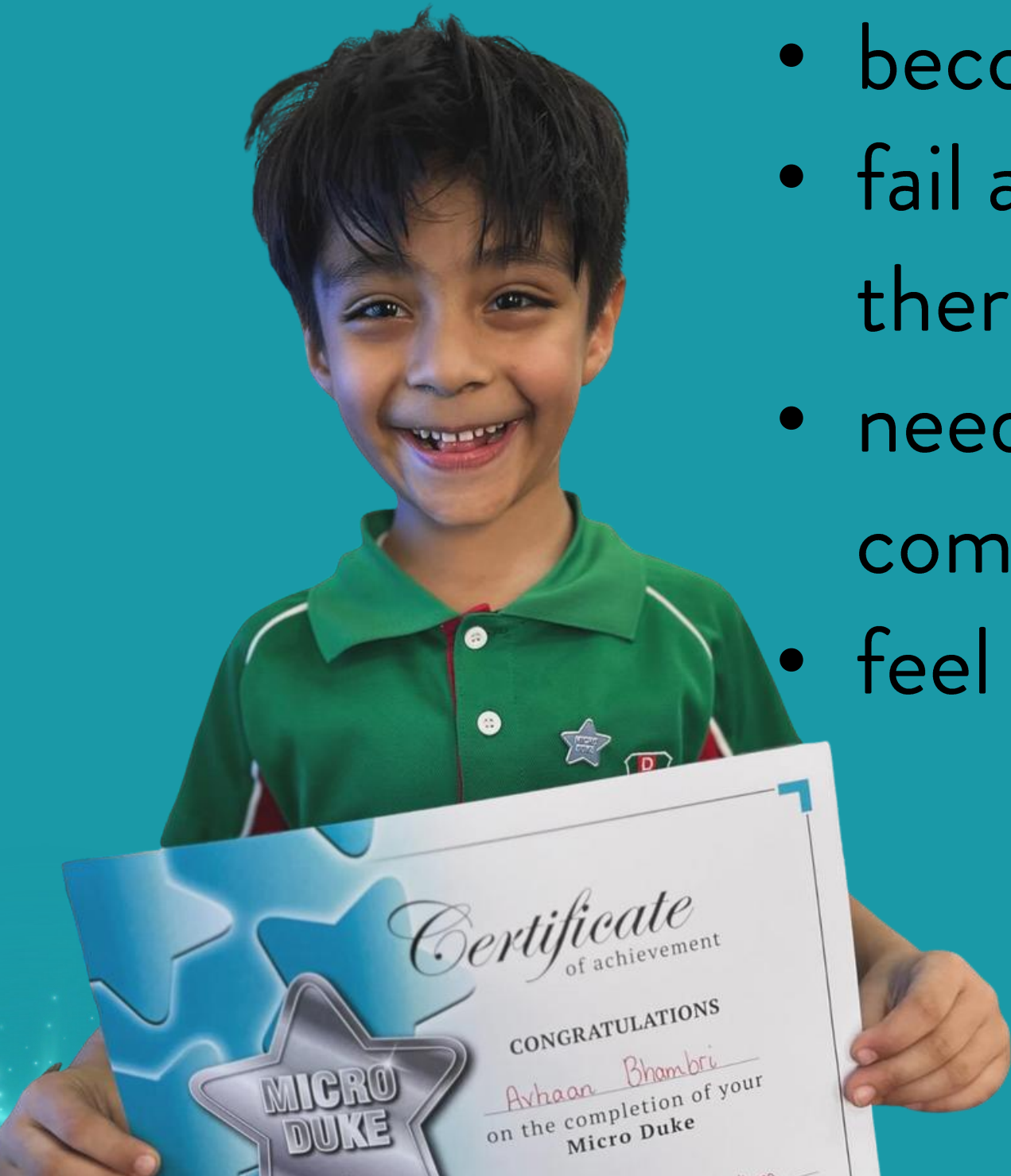


tooth brushing

# 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**
- we are always looking to encourage more **parental engagement**



# 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
- search for the correct Assessor at school and explain more about each challenge to an adult - we are pushing them out of their comfort zone!
- ask their teachers 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

- Encourage **why?** 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!



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First





LIFE SKILLS AWARD FOR AGES 3 – 13



THE  
WILL BE ONE OF THE BEST  
THINGS WE CAN ALL DO  
FOR YOUR CHILD IF WE  
WORK TOGETHER!



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