

Level 1 - Micro Challenges

To achieve the Micro Badge you must complete 7 of the 10 sections.

SAFETY:

- Learn to use a mobile phone (and house phone if you have one) to phone a friend or relative.
- Learn WHEN and HOW you might phone the emergency services.

SPEED DRESSING:

Get dressed for school fully within two minutes - with two large items inside out to increase the difficulty!

INDEPENDENCE:

- Although dentists suggest that parents brush your teeth until the age of 10, show you can brush your own teeth properly for two minutes.
- Once the washing has been done, put all of your clothes away properly in the right drawers or on hangers.

EXERCISE:

Scoot, cycle, skate or skateboard. Choose a decent length of journey (such as to the park or the shop) and use your 'wheeled transport of choice' (cycling should be done without stabilisers) all of the way without any help.

THREE SKILLS:

- Learn how to skip with a rope.
- Learn to cut out shapes and straight lines on paper with sharp, metal scissors.
- Draw a person with details like: clothes, hair, eyelashes and fingers (no stick people allowed!).

PRESENTATION:

Wrap a present for someone, use sellotape as neatly as you can and tie a bow around it.

HELPFULNESS:

- When the shopping is done, put everything away in the right places.
- After you have finished eating, take your dishes to the sink and wash them.

BEING PREPARED:

Without help, sharpen your pencils, pack your school bag and carry it to school every day for two weeks.

MEMORISING:

- Learn your address by heart.
- Learn to write and spell your name.
- Learn your date of birth.
- Learn your parents' full names.

ECO CHALLENGE:

Pick a white flower like a daisy and put it in a little glass with food colouring and a little bit of water. Watch what happens in the next couple of days.