



Home Help Activity Badge

How to earn your award

1. Plan, cook and serve a simple one-course meal.
2. Wash up afterwards. Show how to clean a saucepan or other cooking utensils, cutlery and glasses. You could use a dishwasher for this step, including loading and unloading it.
3. Help sort out the washing. Load and unload the washing machine.
4. Iron at least two items. They could be things like pillowcases, t-shirts or trousers.
5. Sew on a button.
6. Help to clean and tidy a living room.
7. Clean at least two items in your home. They could be things like a basin or kitchen cupboard, silverware or brass.
8. Take sheets, pillow covers and the duvet cover off a bed and help to put clean ones on. Make your own bed for a week.



Name:

Requirement	Witness Signature
Prepare a single course meal What meal did you prepare?:	
Wash up afterwards Describe how to clean a saucepan:	
Help sort out the washing.	
Iron at least two items What two items did you Iron?	
Sew on a button.	
Help to clean and tidy a living room.	
Clean at least two items in your home What items did you clean?	
Change the bedclothes.	
Make your own bed for a week.	