

Pathfinder honour "Staying Home" Workbook for Adventurers aged 6-9

#PathfindersStayHome



Name:

Group:

We are staying home – Adventurers as well. At home we can still be an Adventurer by staying up to date with the latest news, supporting those in our community and having fun. In order to do this, we have developed a special honour which you can start straight away!

Because we aren't able to meet up to do the honour together as we normally would, we invite you to complete the tasks in this workbook and to document the tasks through photos and videos.

Staying Home

Even if we have to currently stay at home, there are many ways in which we can keep ourselves busy.

1. Explain to your parents why it is important to stay at home at the moment.

I have explained to my parents why it is important at the moment to stay at home.

2. Write down 3 things you can do with friends without meeting up and do one of them.

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I have done one of these tasks and documented it with Photos/Video.

3. Write down 3 useful things which you can do at home alone or with your family and do one of them.

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I have done one of these tasks and documented it with Photos/Video.

4. Do at least one of the following:

I have cooked something with my parents that I have never cooked before and taken a photo/video.

I have drawn a picture of me with my family OR of me with my friends and taken a photo.

I have planted a seed and nurtured it in to a plant and taken a photo/video.

I have played a board game with my family and taken a photo/video.

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Helping at Home

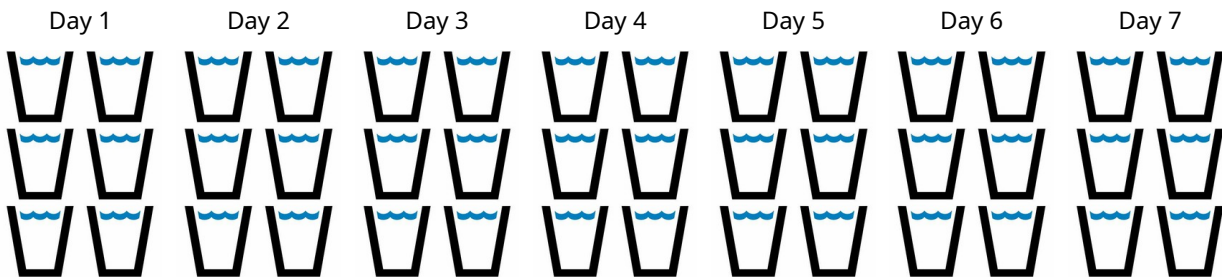
There are many opportunities to help and assist our parents at home.

5. Help at home by doing two of the following tasks at least 3 times OR each task once:
- I have washed, hung out and folded the washing and taken a photo/video of it.
 - I have ironed and sorted out the washing and taken a photo/video of it.
 - I have prepared a meal and set the table and taken a photo/video of it.
 - I have cleaned the house/apartment and taken a photo/video of it.
 - I have washed the dishes OR loaded and unloaded the dishwasher and taken a photo/video of it.
 - I have weeded the garden, mowed the lawn and watered the plants and taken a photo/video of it.

Health and Hygiene

As Adventurers we want to stay healthy.

6. Drink for at least one week 1.5 L of water per day. Colour in the glasses you drink (250ml).



7. Explain to your parents what you know about personal hygiene.
- I have explained to my parents what I know about personal hygiene.
8. Write about 3 situations when it is important that you wash your hands.

• _____

• _____

• _____

9. Make a poster as a reminder to how you should correctly wash your hands and hang it up in the bathroom.
- I have made a poster as a reminder to wash my hands, have hung it up in the bathroom and taken a photo/video.

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13. Do at least two of the following tasks:

- I have called a relative or friend. Who? _____
- I have written a postcard or a letter to someone who lives alone and taken a photo of it.
- I have done a craft and gifted it to an older person (eg. Grandma, Grandpa, a neighbour) and have taken a photo of it.
- I have done an act of kindness for someone and taken a photo/video of it.

Staying Positive

We want to try and make the best of every situation.

14. Sleep overnight with your sleeping bag and camping mat (in the garden, on the balcony or inside).

- I have taken a photo/video of me in my adventurer uniform sleeping overnight with my sleeping bag and mat.
- I had lots of fun.
- I slept really well ;)

15. Tell your family a joke as encouragement and write it down.

- The joke was hilarious.
- I was the only one who laughed

16. Do one of the following tasks:

- I have baked a chocolate-filled banana in the oven and taken a photo/video of it in my adventurer uniform.
- I have made damper/campfire bread in the oven and taken a photo/video of it in my adventurer uniform.
- I have toasted a marshmallow over a candle and taken a photo/video of it in my adventurer uniform.
- I have made something to eat which reminds me of adventurer taken a photo/video of it.