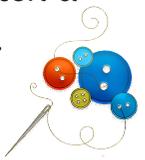


30 Day Life Skills Challenge

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<p>Learn how to load and unload the washing machine.</p> <p>Day 1</p> 	<p>Make your bed.</p> <p>Day 2</p> 	<p>Learn to wrap a gift.</p> <p>Day 3</p> 	<p>Cook a new meal from whatever you have in the fridge.</p> <p>Day 4</p> 	<p>Make your own breakfast.</p> <p>Day 5</p> 
<p>Learn to tie your shoelaces.</p> <p>Day 6</p> 	<p>Learn to stitch a button.</p> <p>Day 7</p> 	<p>Learn to tell the time in both digital and analogue clock.</p> <p>Day 8</p> 	<p>Set a dinner table for your family.</p> <p>Day 9</p> 	<p>Sort the recyclable bins.</p> <p>Day 10</p> 
<p>Make a cucumber or cheese sandwich.</p> <p>Day 11</p> 	<p>Wash a dish or pot.</p> <p>Day 12</p> 	<p>Learn to use a knife and fork.</p> <p>Day 13</p> 	<p>Read a book and act out a scene from it.</p> <p>Day 14</p> 	<p>Girls: Learn to plait hair. Boys: Do a cool hairstyle.</p> <p>Day 15</p> 
<p>Clean your bedroom.</p> <p>Day 16</p> 	<p>Know your full name, phone number and complete home address.</p> <p>Day 17</p> 	<p>Learn how to use a vacuum cleaner.</p> <p>Day 18</p> 	<p>Plant a herb and take care until it grows.</p> <p>Day 19</p> 	<p>Hang the clothes out to dry.</p> <p>Day 20</p> 
<p>Dress yourself.</p> <p>Day 21</p> 	<p>Hang clothes on a hanger.</p> <p>Day 22</p> 	<p>Learn to fold clothes.</p> <p>Day 23</p> 	<p>Mop one room in your house.</p> <p>Day 24</p> 	<p>Clean your kitchen shelves.</p> <p>Day 25</p> 
<p>Peel vegetables safely.</p> <p>Day 26</p> 	<p>Know who to call in an emergency.</p> <p>Day 27</p> 	<p>Iron a pillowcase and put it on the pillow.</p> <p>Day 28</p> 	<p>Know when to use 999 and when to use 111 emergency services.</p> <p>Day 29</p> 	<p>Tidy your toys.</p> <p>Day 30</p> 