

## 2ND, 3RD, 4TH, 5TH GRADE

Choose 3 items from the board below to learn and do this week.

<p>Work with a parent to plan 1 or 2 family meals for the week. You'll need to make a list of items you need from the grocery store.</p>	<p>Prepare a boxed, canned, or frozen vegetable or meal with the help of an adult.</p>	<p>Sort laundry. Learn how to measure detergent. Wash &amp; dry at least 1 load of clothes.</p>
<p>Look in your fridge &amp; learn how to decide which foods need to be thrown out. Take items out of the fridge and wipe down shelves.</p>	<p>Learn your home address and how to address an envelope. Write a letter to a friend or family member.</p>	<p>Make a meal for yourself that includes a meat, a vegetable, and a fruit. It can be very simple!</p>
<p>Clean out everything from under your bed.</p>	<p>Unload and put away dishes from the dishwasher. Load dirty dishes. If you don't have a dishwasher, wash and dry the dishes after a meal.</p>	<p>Make a daily checklist of items to do &amp; check them off as you do them: Shower, put on deodorant, brush teeth two times, brush and fix hair.</p>



# BULLDOG LIFE SKILLS CHALLENGE

MAY 4th - 8th