

HELP AT HOME



GET INVOLVED



30 MINUTES



READY TO GO

GETTING INTO THE ACTIVITY

During lockdown you're spending a lot more time at home. This probably also means you're creating a lot more mess at home as you do school work, play games and eat food. Think about what jobs you could do around the house to help your grown-up.

Think about what job you'd like to help with around the house. This might be helping to tidy a room, wash-up after dinner, assist with the clothes washing, help wash the dog etc. Talk to your grown-up and agree on the activity and how you can help.

Carry out the task to the best of your ability. Remember to ask for help if you need it.

Your job doesn't have to be a one off. You could repeat the job throughout week to be even more helpful around the house. How many different jobs can you complete within a week?



WHAT YOU'LL NEED

- Varies depending on chosen activity



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult and supported where necessary. Share a picture or video of the chore with your BB group or post on social media using #BBatHOME.