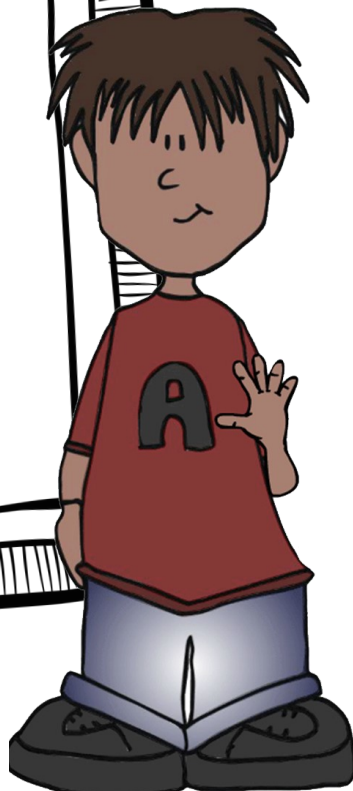




Being...

Young Leaders

in Your Home



Things are a bit different for us all at the moment and I've been thinking about how we can be young leaders in our homes, local streets and communities and use all our leadership skills to really make a difference to others and the people we care about.



Our normal routine around the home is going to change and you may already have adults/parents/carers who normally leave the house to work who are having to set up a home office.

I'm going to share with you some ideas and challenges you can try out as leaders in your home to help everyone in your family.





Tip 1 - Create a Routine

A rhythm or pattern to the day can help everyone in terms of being together for long periods of time in the same space.

- What are all the different activities that take place in your household?
- What can you do to help with these?
- What will need shared resources/space and how can you take turns?

Ideas

- Creating a list of different activities that happen in your household.
- **Creating a list of jobs that happen in your house.**
- Finding out what your parents have to do for their work.
- **Deciding together what your day might look like and what things you can help with and take responsibility for.**



Ideas

- Making your bed and keeping your room tidy.
- Making breakfast for yourself and any siblings.
- **Helping work out what meals you will have and making your own toast or a sandwich for lunch and for others in your family.**
- Working out when in the day you may need periods of quieter activities to help others to get on with other tasks.
- **Monitoring and managing your own screen time and when you need to take a break and do other activities.**



Tip 2 - Role Model

**Act as a good role model.
What tasks in your day can
you do for yourself to be
independent?**



Ideas

- Washing, washing up, putting things away, putting out the bins, dusting, vacuuming or tidying up in the garden.
- Helping to look after pets: cleaning, feeding, grooming and exercising.



Tip 3 - Take Responsibility

Take responsibility for jobs in your home and create helpful habits

- What have you never done, but you see your parents doing all the time, that you could help with?

Tip 4 - Support your Siblings

Support your siblings (brothers and sisters)

- How can you show leadership skills with your siblings?

Ideas

- Displaying kindness, taking responsibility for yourself and helping each other.
- Reading together, helping your siblings with activities that have been set by school.
- Creating a game or activities that you and your siblings can do together.
- Writing a story to read with others.
- Creating a play or performance that you can put on for others in your house.





Tip 5 - Look Outside

Look after others outside of your family

- Who could you call in your extended family to see how they are?
- **Who would appreciate a letter or a drawing to cheer them up?**

Ideas

- **Creating a video message or song to send to a family member.**
- Writing cards, letters or creating pictures to send to family members.
- **Talking through with someone in your family how to use technology such as an iPad or tablet.**
- Writing cards or letters to send to residents in elderly homes or people you know who are isolated.
- **Writing thank you cards to send to local NHS staff in hospitals or GP surgeries.**
- Creating a window display at the front of your house using tissue paper to share a message of support and hope.



Ideas

- Journaling about your Young Leader activities – write them down, draw a picture, record your story – all the things you do, no matter how small you think they are.
- **Tweeting @ABYyouthtrust with your actions**



Tip 6 - Record

Record your actions
How can you record your journey?



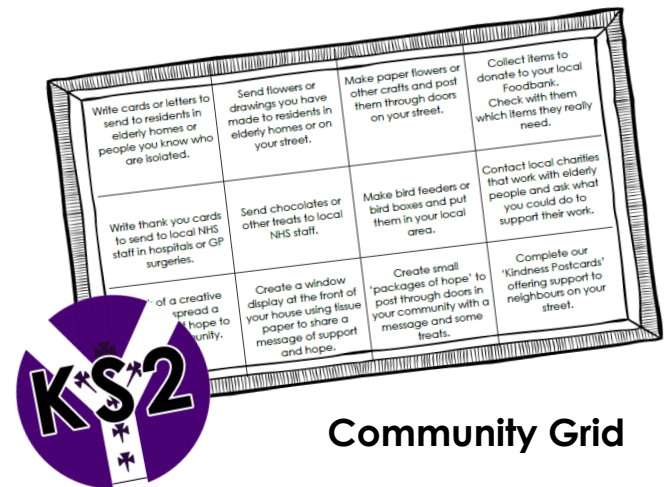
Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.

Please visit:

www.abyyt.com/yla-at-home



Kindness Postcard



Community Grid