



Red Bulls

YOUTH PROGRAMS

LIFE SKILLS CHALLENGE

HOW MANY CAN YOU TICK OFF?

CHECK
BOX

LIFE SKILLS

- Shine your dress shoes
- Clean your cleats
- Tie a tie
- Learn our core values in a different language
- Clean and care for your pets
- Exercise for at least 10 minutes each day for a week
- Teach your parents a skill
- Create a donation box that can be donated to those in need

AROUND THE HOUSE

- Test the smoke alarms
- Use a spirit level
- Inflate your bike tires

KITCHEN

- Make a cup of coffee or tea for your parents
- Make a sandwich
- Help make dinner
- Set the table for dinner
- Take out the trash / recycling
- Wash the dishes by hand (no dishwasher!)
- Work the dishwasher

CHECK
BOX

LAUNDRY

- Work the laundry machine
- Make your bed
- Change the bed sheets
- Fold laundry and pack into drawers
- Clean the bathroom
- Vacuum the house

READING AND WRITING

- Address and send a letter to someone in the world
- Write a thank you note to someone
- Write a short story
- Read a book over 100 pages
- Create a family tree
- Write a letter to your future self

ENTERTAINMENT

- Watch a classic movie of your parent's choice
- Learn a new joke and make someone laugh with it
- Shuffle a deck of cards
- Learn a card trick
- Create a new goal celebration