



## Be kind and cook for a friend or family member



Kindness is an under-rated superpower. Be kind and cook for a friend, family member or a lonely neighbour...you might just make their day!

### Time



**Age**  
3 - 5  
5 - 7  
7 - 11  
14 - 18

### Environment



**Subject**  
Community  
Cooking  
English  
Maths

### Price



### Activity Type



**Soft Skills**  
Accountability  
Communication  
Decision making  
Empathy  
Fine Motor Skills  
Imagination  
Independence  
Leadership  
Organisation  
Problem solving  
Research  
Resourcefulness  
Teamwork  
Time management

