



## 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