

## LIFE TASK



**You want to contribute more to your family life.**

**Follow this plan:**

- 1** Individually, make a list of things that you think **you** could do to make a positive contribution to your family life.
- 2** Make a 'Helping out' timetable in your notebook to plan when you can do these things. Use your school timetable to help.
- 3** Tell your family about your plans!