

LIFE SKILLS MISSIONS

BONUS PACK · 3 Extra Missions



Top-secret extra training from Commander Max

Free printable · Print at 100% "Actual size" on Letter paper

From the book **Life Skills Missions: The Life Skills Workbook for Kids Ages 8–12**



The Two-Minute Tidy

Goal: discover how much two minutes can actually do



Agents have a secret weapon for mess: the two-minute burst. Not an hour. Not "later." Two minutes, right now.



The Core Idea

Most small messes take less time to fix than to worry about. Two focused minutes beats twenty minutes of "I'll do it later."



Your Mission: The Burst Test

Set a timer for exactly 2 minutes. Tidy ONE spot as fast as you safely can. Then report.

My spot:

Things put away in 2 minutes:

My honest guess before I started:

What surprised me:



Grown-Up HQ

Race them — two grown-up minutes on your own spot. Finishing together makes the burst a family tool instead of a chore.

BONUS
B2

The Compliment Drop

Goal: make three people's day — on purpose



A real compliment is specific. "Nice shirt" is fine. "You explained that math problem so clearly" — that one gets remembered.



The Core Idea

Specific + true + said out loud = a compliment that lands. Agents notice what people actually do well, then say it.



Your Mission: Three Drops in One Day

Who	My specific compliment	Their reaction

The best reaction of the day was...



DAY MAKER



Grown-Up HQ

Ask at dinner which compliment felt best to GIVE. Noticing that giving feels good is the whole lesson — no push needed.



The Unplugged Hour

Goal: run one full hour on your own power — no screens



Can you go one hour with zero screens — and actually enjoy it? Agents can, because they plan the hour instead of just enduring it.



The Core Idea

Boredom isn't a screen emergency. It's your brain asking for a mission. Give it one BEFORE the hour starts and the hour flies.



Your Mission: Plan It, Then Run It

My unplugged hour is (day + time):

Three things I'll do instead:

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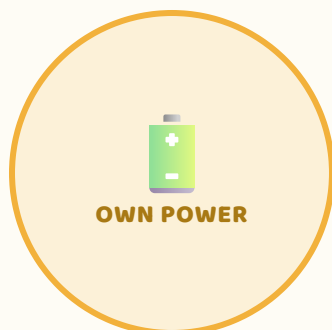
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I made it the whole hour

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Honestly? I'd do it again



Grown-Up HQ

Join the hour — kids spot a solo assignment instantly. A family unplugged hour with snacks is the version that gets requested again.

Want all 50 missions, badges, and the Skills Plan? **Life Skills Missions** is available in paperback and Kindle on Amazon.