



YOUNG BUDS AWARD

growing happy confident children



A life Skills Award for Young People

The Award is designed to empower children with **essential life skills** while fostering a deep **connection with nature**, improve **wellbeing**, and develop meaningful relationships to create a transformative experience that nurtures **happy, confident children.**





Practical life skills

Challenges such as cooking, domestic chores, first aid, happiness, and safety awareness are available to prepare children for their future.

Wellbeing

Challenges develop friendships, empathy, relaxation techniques, and social-emotional learning to help children build resilience, self-awareness, and positive relationships with themselves and others.

Nature connection

Children engage in outdoor adventures, learn about their local natural environment, become ECO aware and develop a profound connection and care for our natural world.



The overall aim of the Award is to develop happy, confident children who are ready to thrive!

By engaging in this comprehensive life skills award programme children will:

- Develop a strong foundation of practical life skills and problem-solving abilities.
- Foster a deep connection and appreciation for the natural world.
- Build meaningful relationships, empathy, and effective communication skills.
- Cultivate a growth mindset, self-awareness, and emotional intelligence.
- Gain confidence, resilience, and the tools to thrive in their personal and academic lives.



How does it work?



Children sign up to their age appropriate level.

Their personal portal will be set up ready for children to access the challenges

Children complete a minimum of 8 out of 10 challenges by submitting photos, videos or text reflections as evidence.

The school “approves” the challenge.

The 8 challenges should be completed within one academic year.

On completion children receive a certificate and a badge to celebrate their success.



Which level do we join?

Level	Approx age	HK	Year (UK)	Grade (USA)
LEVEL 0	4-5	K2	Reception	Pre- Kindergarten
LEVEL 1	5-6	K3	1	Kindergarten
LEVEL 2	6-7	Primary 1	2	Grade 1
LEVEL 3	7-8	Primary 2	3	Grade 2
LEVEL 4	8-9	Primary 3	4	Grade 3
LEVEL 5	9-10	Primary 4	5	Grade 4
LEVEL 6	10-11	Primary 5	6	Grade 5
SENIOR LEVEL	11-13	Primary 6/ Secondary 1	7-8	Grade 6-7



The Young Buds Team are passionate about empowering the next generation with skills and abilities beyond those learned in the classroom.

Thank you for giving this opportunity to your children.

Visit www.youngbudsaward.com for more information.