# Personal Development

|  | Achieved | Working on | Not applicable |
|---|---|---|---|
| 1. Put on coat/ hoodie | _____ | _____ | _____ |
| 2. Fasten buttons and zips | _____ | _____ | _____ |
| 3. Wash and dry own hands thoroughly | _____ | _____ | _____ |
| 4. Brush/ comb hair | _____ | _____ | _____ |
| 5. Use deodorant appropriately | _____ | _____ | _____ |
| 6. Maintain tidy bedroom | _____ | _____ | _____ |
| 7. Wipe kitchen surfaces | _____ | _____ | _____ |
| 8. Wash / dry dishes | _____ | _____ | _____ |
| 9. Make toast | _____ | _____ | _____ |
| 10. Make juice / tea | _____ | _____ | _____ |
| 11. Make a snack | _____ | _____ | _____ |
| 12. Follow a recipe to make a meal. | _____ | _____ | _____ |
| 13. Deliver laundry to bedroom | _____ | _____ | _____ |
| 14. Deliver a message from one person to another | _____ | _____ | _____ |
| 15. Record a short written message for someone in your family. | _____ | _____ | _____ |
| 16. Help to brush floor. | _____ | _____ | _____ |
| 17. Help to hang up and sort laundry. | _____ | _____ | _____ |
| 18. Help with recycling at home. | _____ | _____ | _____ |
| 19. Take a photo to show something which has meant something to you in lockdown. | _____ | _____ | _____ |

20.     Do something you enjoy! 😊

*Huge Well Done! Be very proud of Yourself!*