

Transition Classes — Life Skills Schedule

Before 9:00	Wake Up	Make your bed, eat breakfast, get dressed and sort dirty clothes for washing.
9:00- 10:00	Help with house work	Bedroom tidy or other chores in the house. Eg. Wash car, tidy garden, wash and clean floors, sort/fold washed clothes.
10:00- 11:00	Morning Walk	Have a healthy morning walk with your Family or exercise video on YouTube Eg. Lean in 15 workout or BHF Exercise
11:00- 12:00	Work time	Catch up on news—Eg. Newsround. Think of some recipes to make for lunch/ dinner. See list of Websites on School Website
12:00- 13:00	Lunch	Prepare lunch, clean, tidy up and have some time to self
13:00- 14:00	After- noon fresh air	Take the dog for a walk, go to the shop for food.
14:00- 15:00	Relaxa- tion time	Relaxation colouring, listening to music, look at magazines—create a collage with favourite things, look over photos taken.