

Life Skills Tasks – Week Five

Functional Literacy

- Practice word processing/text messaging

Functional Numeracy

- Cut out different shapes from paper/newspapers

MONEY:

- Using internet shopping sites design a look for a wedding, going for a meal, going to the gym (any other of your choice)
- Look up costs of items that you need
- Decide on whether to buy budget or branded clothes
- Look at your size need (S,M,L or numerical measurement)

Meal Preparation and Cooking/Independent Living

- Good hand hygiene
- Making breakfast
- Set the table
- Clear up after meals
- Hoovering
- Mopping

Safety on the farm

Look on the internet for farm safety videos and discuss the following with your child.

- Working at heights and keeping premises clean

PE ideas

- Encourage your child to play in the garden – football etc.
- If confined to the house, walk up and down the stairs or along a corridor.
- Sit ups, star jumps, jogging/running on the spot
- Replicate exercise videos that may be available online

Personal care products – look online

- Discuss what personal care products you need to keep clean and healthy
- Discuss how to use these personal care products with your child.
- Look at various brands of personal care products both budget and high end brands

Horticulture

If safe to do so:

- General garden maintenance-brushing etc.
- Water plants
- Plant seeds

Other ideas

- If you are feeling stressed or worried, there are plenty of guided meditations and mindfulness exercises on Youtube
- Colouring
- Drawing
- Play board games
- Think about how you can help other people who might be in need