

## Life Skills-Week 7

### **Functional Literacy & Knowing About Myself**

This week is international families week

In literacy I want you to videocall a family member that you miss

Ask for their address and send them a letter or postcard to let them know you're thinking about them

Find an empty coffee or jam jar. Every time you have an idea of what you would like to do when lockdown is over, write it on a piece of paper and place inside the jar. Things such as, go to the beach, visit my Grandparents, meet up with my friends

### **Functional Numeracy & HE**

Let' get baking this week-I want you to search for a recipe for cookies online

Weigh out your ingredients independently

If you need to use the oven or sharp kitchen equipment, make sure an adult at home is helping you

Ask an adult to take some photos and email them to me: [ecorsby219@c2kni.net](mailto:ecorsby219@c2kni.net)

### **Performing Arts**

<https://www.youtube.com/watch?v=O29e4rRMrV4>

Using the link above-focus this week on breathing and stretches

### **Personal Development**

Design and colour your own stay safe rainbow or use the template provided

### **PE**

Please make an effort to keep up with your daily exercise

Take a safe walk with your family or walk your dog

Remember safe social distancing

**DON'T FORGET** <http://www.castletowerschool.com/castle-towers-virtual-sports-day/> to register for our virtual sports day

### **Personal Care & Looking Smart**

We always discuss in class about keeping clean and tidy. Remember our great day out when we visited the barbers, hairdresser, boots and DV8 clothes shop. Keep this up-it is good to keep clean and looking smart. Don't forget to:

Have a bath or shower every day-using the personal items we bought in town

Brush your hair

Clean your teeth

Keep your nails clean

Shave

Wear deodorant

Put on clean clothes

Try having a dress up day once a week

### **Horticulture**

Ask your adults at home if you can help in the garden as the weather this week is meant to be beautiful

Have a go at cutting the grass or weeding

Please stay safe-I miss you all very much but lockdown is what is keeping us safe. I know some of you are finding this all very difficult but it will be over soon. Keep your chins up and know how proud I am of each of you. Lots of love and huge hugs-Mrs Corsby