

Life Skills Tasks – Week Six

Functional Literacy

- Get a scrapbook and create your own project-make it about your parents when they were growing up/plan a holiday/your favourite singer or actor-anything you want!

Functional Numeracy

- Set up a café scenario in your home-role play ordering, using money etc.
- Produce your own timetable for each day/week-set up a routine

MONEY:

Create a shop in your home:

- Get your child to buy goods from you. Let them estimate if they have enough money to purchase their shopping. E.G. Three cans of beans at 50p each – they need£2 to cover the cost or £1:50 if giving the exact price.
- Replicate this with all the groceries that are in your home

Meal Preparation and Cooking/Independent Living

- Good hand hygiene
- Help prepare dinner
- Ironing
- Putting clothes away

Safety on the farm

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

- Watch any of the 10 episodes of 'Born Mucky' which is on Quest. (Google Born Mucky to watch)

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
- Encourage your child to INDEPENDENTLY shower, apply deodorant, brush teeth etc.

Horticulture

If safe to do so:

- General garden maintenance-brushing etc.
- Repainting fences/upstyling

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