

Life Skills – How many of these can you do?

<p>These life skills have been put in order of age, starting from reception going up to Year 6. Some will need adult supervision (they have a * next to them), others you can do on your own. Remember to tell an adult which activity you are going to do.</p>	<p>Tying my shoelaces</p> <ul style="list-style-type: none"> Here is a helpful video to show you how to tie your shoelaces: https://www.youtube.com/watch?v=qMrhd61l4Fw 	<p>Tying knots</p> <ul style="list-style-type: none"> Get a piece of string, ribbon, wool and practice tying a simple knot.
<p>Fasten and unfasten a zip or button</p> <ul style="list-style-type: none"> Find an item of clothing with a zip and practice using it. https://www.bbc.co.uk/programmes/p07f3k27 How quickly can you push a button through and back again? 	<p>Bird Watching</p> <ul style="list-style-type: none"> The planes might be grounded, but our birds will keep flying. Watch them out the window, identifying them and learning facts such as their migration patterns. The RSPB website (rspb.org.uk) has great resources and suggestions for how you can help your winged friends while stuck inside — whether you have a garden or a city centre balcony. 	<p>Plant a seed</p> <ul style="list-style-type: none"> Find an unused plant pot or a space in the garden to plant a seed. If you want to see how it works, put soil and the seed in a zip lock bag and tape it to a window. Remember to water it regularly. Watch it grow in the next few weeks. What did you notice about how it grew?
<p>Helping with dinner</p> <ul style="list-style-type: none"> Have a go at these jobs at dinner time: <ul style="list-style-type: none"> Laying the table Clearing and wiping the table Emptying the dishwasher Washing the dishes 	<p>Write a letter</p> <ul style="list-style-type: none"> Have you got a friend or family member that you haven't spoken to for a while? Write them a letter to let them know you are thinking of them! When done, write their name and address on the envelope and stick a stamp on. On your daily walk, pop it in the post box and wait to see if you get a reply! 	<p>Cutting on the line</p> <ul style="list-style-type: none"> Find a simple picture or shape to cut out. Take your time and line your scissors up to the edge. Have a few goes and see if your cutting improves each time.
<p>Using a ruler</p> <ul style="list-style-type: none"> On a lined piece of paper, practice drawing a straight line on top of the lines using a ruler. Are your lines improving as you do more? 	<p>Make a sandwich</p> <ul style="list-style-type: none"> Have a go at making your favourite sandwich. What fillings could you put in? How could you improve it when you make it next? 	<p>Make a cup of tea *</p> <ul style="list-style-type: none"> With adult supervision, practice making a cup of tea. Remember to be careful with the hot water!

<p>Make your bed</p> <ul style="list-style-type: none"> ▪ When you wake up in the morning, have a go at making your bed. ▪ Where does the pillow need to go? What is the easiest way to pull the duvet up? ▪ Have a go at making your bed each morning and see how it improves each day! 	<p>Sewing a button *</p> <ul style="list-style-type: none"> ▪ Charity shops and landfill sites are full of clothes thrown out because of a missing button. ▪ Here is a helpful video to help you practice: https://www.youtube.com/watch?v=Du6gq3ks0SQ ▪ You will need: <ul style="list-style-type: none"> ▪ Material ▪ Button ▪ Needle ▪ Scissors 	<p>Change your bedsheets</p> <ul style="list-style-type: none"> ▪ Next time your bedsheets need changing, offer to help. ▪ How does the sheet fit to the mattress? ▪ What's the easiest way of putting a duvet in the cover?
<p>Cook a meal *</p> <ul style="list-style-type: none"> ▪ Have a go at helping cook a meal. ▪ With adult supervision, you could join in with: <ul style="list-style-type: none"> ▪ Cutting up the ingredients. ▪ Mixing the ingredients together. ▪ Serving food on to the plate. ▪ Remember to follow instructions and stay safe when using equipment. 	<p>Wrapping a present</p> <ul style="list-style-type: none"> ▪ Everyone loves giving a present, but have you ever wrapped one? ▪ If no-ones birthday is coming up soon, practice wrapping an empty box. ▪ Here's a helpful video: https://www.youtube.com/watch?v=Ux4brKS0Sac 	<p>How to tie a tie</p> <ul style="list-style-type: none"> ▪ The majority of people, at some point, will need to wear a tie. Whether it's at school or to work. ▪ Ask someone in your household to borrow a tie to practice. ▪ If no one at home can show you how to tie a tie, use this video: https://www.animatedknots.com/tie-a-four-in-hand-necktie-knot
<p>Use a washing machine *</p> <ul style="list-style-type: none"> ▪ Have you ever helped load the washing machine? ▪ Where does the detergent go? ▪ Where does the fabric conditioner go? ▪ What temperature does a wash need to be? ▪ Ask to help with the next load of washing and see how it all works! 	<p>Ironing *</p> <ul style="list-style-type: none"> ▪ Next time the ironing pile is out, have a go at using the iron. ▪ Make sure you keep it moving, and that your hands stay away from the hot plate. 	<p>Reading Road Signs</p> <ul style="list-style-type: none"> ▪ Road signs are there to tell you what you ARE allowed to do and what you MUST NOT do. ▪ You need to understand road signs and do what they say. <ul style="list-style-type: none"> ▪ Circular signs give orders ▪ Triangular signs give warnings ▪ Rectangular signs give information ▪ Research road signs, and see if you recognise any that you've already seen.