

Life Skills Booklet

Home Management



Information for students

We haven't been able to do our life skills lessons for a while now, but it would be really good if you could continue with this over the summer. There are 6 tasks in this pack, so only one per week over the summer to complete and this will help you with some really important skills for the future.

Information for parents

Our life skills program is an important part of your child's learning and we believe that it is crucial for our students to learn and practise these skills so that they can be successful in their adult life. We have put this pack together so that some simple skills can be learnt and practiced over the summer. They are skills that we believe are manageable and achievable for your child and with your help we hope that we can build on them when we come back to school after the summer. There is one task per week, but please practice these skills with your child so that they master them.

Here are the areas to complete:

Week 1 – Making a drink

Week 2 – Making a snack

Week 3 – Washing up

Week 4 – Cleaning the table

Week 5 – Sorting the washing

Week 6 – Using the washing machine

Week 1 – Making a drink

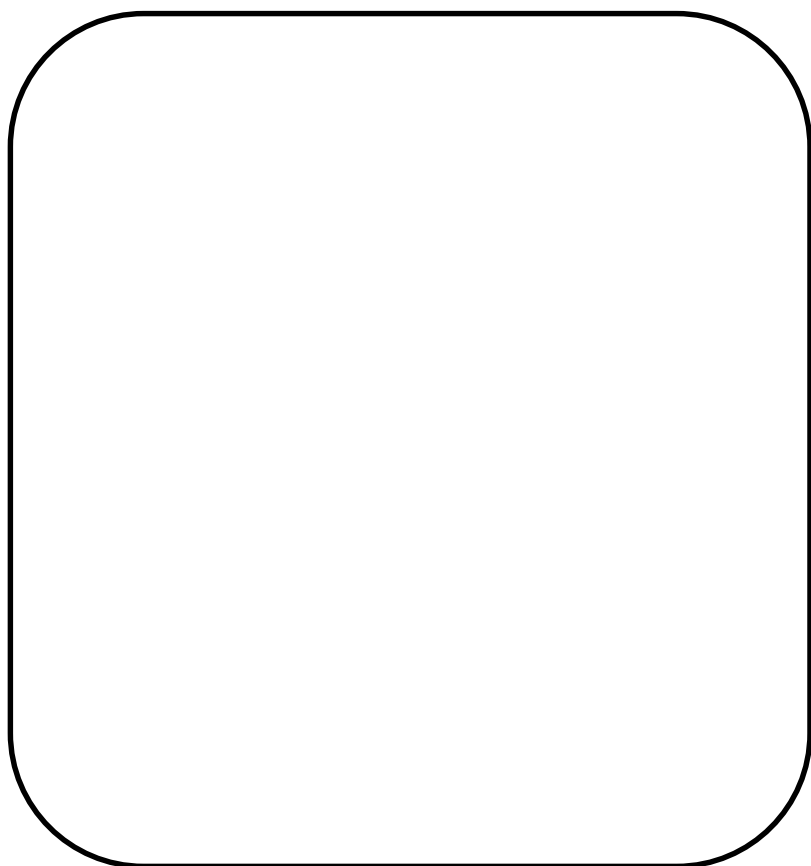
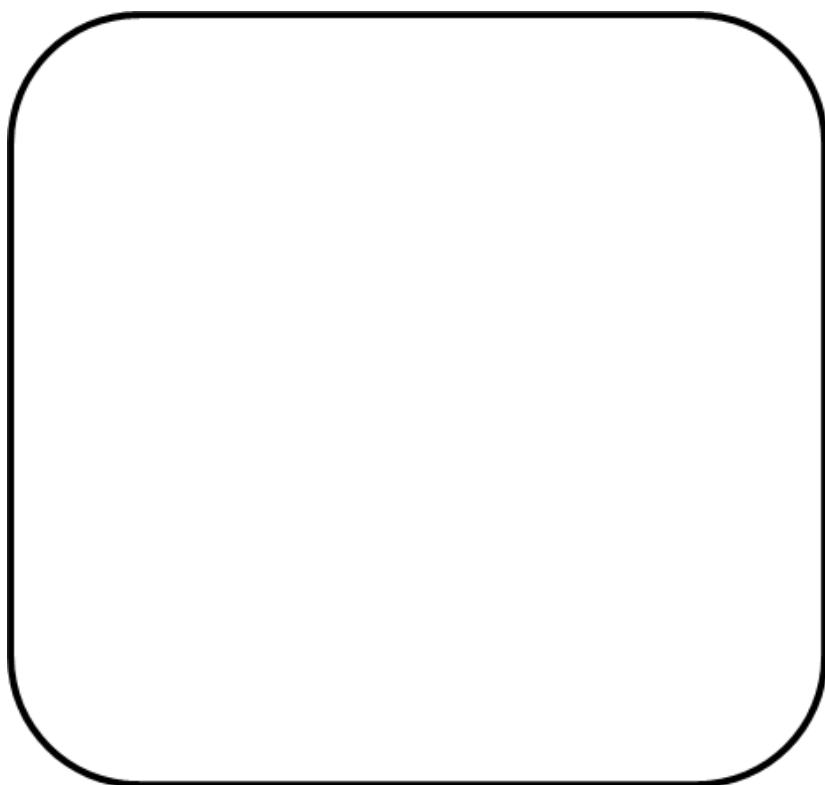
Information for students – To get you started this is a nice easy task that you may already be able to do. If you can make a soft drink, try and make a hot drink instead. The idea is that you learn a new skill.

Information for parents– please help your child to make a soft drink if they are unable to, or a hot drink if they are able to make a soft drink. Start by asking questions such as ‘what do you think you need to make a cup of tea?’ If they know then move to ‘what do you need to do first?’ Once you have talked about how to do it, your child can attempt to make the drink under your supervision. You know your child and how able they are to use a kettle, so pouring hot water may have to be done for them. Keep practicing this by getting your child to make people in your house a drink each week.

The drink I am going to make is _____

<p>My ingredients for my drink:</p>	<p>The equipment I will need:</p>
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Here are some photographs of me making a drink.



Week 2 – Making a snack

Information for students – for this task you can choose a snack to make. It could be a sandwich, toast and jam or something more adventurous like baking cookies. If you can make a sandwich, try something new. The best part is you get to eat it!

Information for parents – please help your child to make a snack. They may be able to do so already, but may need reminders with things such as hand washing and general hygiene. If they can make a simple snack, try something more challenging. The idea is that they learn a new skill that they can practice and use throughout their life. Your child may need help if using a knife or other sharp/hot/electrical equipment.

The snack I am going to make is.....

My ingredients for my snack:

The equipment I will need:

Week 3 – Washing up

Student information – When you have made a drink, snack or after having a meal you need to wash the items you have used. To do this you need to wash up or load the dishwasher and turn it on.

Parent information – your child will need to learn how to wash up or use the dishwasher. If you have a dishwasher it would be better if you show them how to do both so that they have both of these skills for the future.

Instructions for washing up -

- 1. Fill sink with water.**
- 2. Add 1-2 squirts of dish detergent to the water.**
- 3. Using your hands, mix detergent and water together until you see bubbles.**
- 4. Put the first item to wash in the water and wipe it with a cloth or dish brush.**
- 5. Look at the item and see if it is clean. If it isn't repeat step 4.**
- 6. When it is clean place clean item on the drying area (towel or dish rack).**
- 6. Repeat steps until all dishes, plates, cutlery (all items) are washed.**

A picture of me washing up

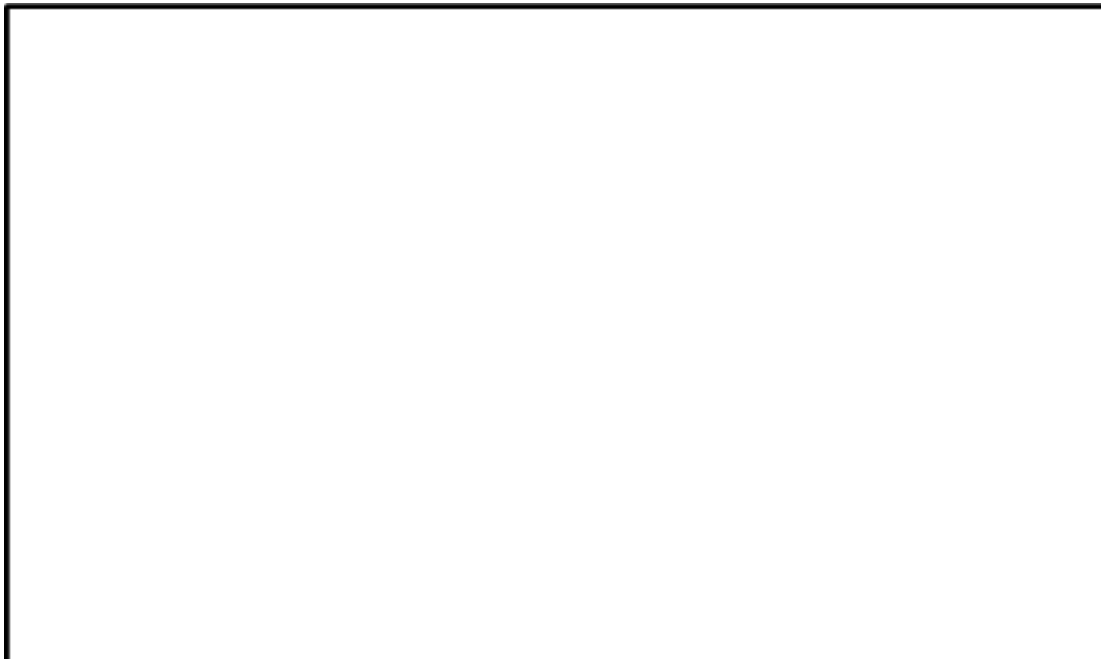


Week 4 – Cleaning the table

Student information – After eating a meal, you need to clean the table you were sat at. Hygiene is important, especially at the moment, so regular cleaning is important but especially places where you eat. This week, practice cleaning the table after you or your family have eaten.

Parent information – your child will need to learn how to clean surfaces to ensure good hygiene around the home (or workplace). Please show them how to safely use cleaning products to clean surfaces, particularly the dinner table. Using rubber gloves is recommended.

A picture of me cleaning the table



Week 5 – Sorting the washing

Student information – Clothes need to be washed regularly, otherwise they will start to smell and look dirty. Other people may not want to spend time with you if you look and smell unclean. When you get a job you have to look and smell clean, otherwise your employer will not be happy. This week you will learn how to sort clean and dirty clothes.


Parent information – your child will need to learn how to recognise when their clothes and other items need to be washed. The first activity – clean or not clean – should be completed first. Your child should identify which items are clean and dirty and if they need washing or not. Then they need real examples of clean and dirty washing and be able to sort them out. Please provide your child with some items of clothing that are dirty and some that are clean. Then they need to decide if they need washing or not.


Activity 1 - Clean or not clean – which items are clean and which are dirty? Which need to be washed and which do not?


<p>Yesterday's socks</p> 	<p>Muddy jeans</p> 	<p>PE t shirt</p> 	<p>New shirt</p> 
<p>Ironed shirt</p> 	<p>Trousers you wore to the cinema</p> 	<p>Pyjamas you have had on all week</p> 	<p>A coat you wore last night.</p> 

Activity 2 - Look at some examples of clean and dirty laundry in your house. You need to think about your senses when sorting laundry. This will help you work out if it is clean or dirty.

For each piece of Laundry think about




 How does it look? Are there signs of dirt or food? Is the colour the same all over?

 How does it feel? Are there any hard spots, is it soft, does it have a nice feel?

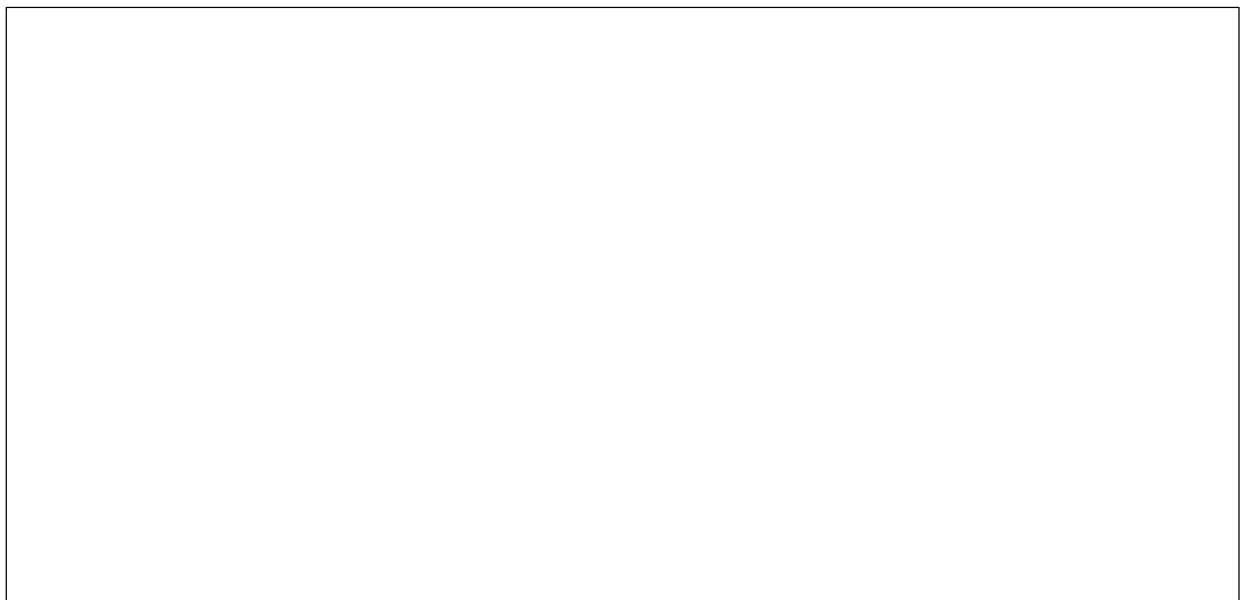
 How does it smell? Remember smells can linger in one spot or be general. Have a good sniff! Remember that people's ideas about what smells nice might be different!

Use the information above to complete the table on the next page.

Use the table to record what you have found

Item of clothing	Look 	Smell 	Feel 	Clean or dirty?
EXAMPLE Shirt	EXAMPLE Crumpled and stained	EXAMPLE sweaty	EXAMPLE A bit hard in places	EXAMPLE dirty

Picture of me sorting the washing



Week 6 – Using the washing machine

Student information – You may be surprised to learn that the washing does not wash itself. Now that you know when something needs to be washed you need to learn how to wash it.

Parent information – Now that your child can identify when something needs to be washed, they need to know how to wash it. Please help them to work through the tasks so that they can learn these skills. It is also important that they keep practising.

Tick the stages you were able to complete with some help



1. Collect clothes

2. Carry clothes to machine



3. Open washing machine door

4. Put clothes in washing machine

5. Close washing machine door



7. add washing powder/ liquid tab



8. Select correct setting



9. Push start button



10. Wait for the wash to finish



11. Open the door



12. Take washing out

