

Life Skills / Independent Living

1. Washing hands using correct technique and method (task analysis and visuals included)
2. Making your bed (Visuals included)
3. Brushing your teeth (Visuals and Task Analysis included)
4. Recognise and follow a simple daily timetable e.g. In the morning we will _____, in the afternoon we will, after lunch we will _____
5. Make a meal together (Task Analysis for pancakes included)

Personal Development

1. Identify local amenities when out in the local community e.g. doctor, fire station, pharmacy, dentist, shops
2. Use the attached images to name them. Ask your child to show you different buildings on the page. Tell them who works there and what their purpose is.
3. Use the My Community worksheet to record the answers – you can write them in for your child.

Functional Academics

1. Identify common household items by name – ask them to get various items around the house e.g. brush, pillow, blanket, spoon, plate etc
2. Identify the food from the images attached. Can your child name them? Ask them to point out the different items.
3. Look at or read a magazine of personal interest.
4. Read the icons on a phone or tablet and be able to choose their preferred app.

Gross Motor Activities

1. Create a free account on GoNoodle (www.gonoodle.com) . You can access dance, yoga and many exercise videos on this site. Choose a few each day and get the whole family doing them together.