

Independent Living Skills – Helping at Home

Below is a list of challenges we would like you to complete throughout the coming weeks. With your adults, go through the list and see what tasks you think you can complete by yourself or if you may need help from an adult. How many can you do in 1 Independent Living Skills session? Helping at home is very important.

Good luck!

Activity	When did you do it?	Did you need help? Y/N	Parent/Carer Comments
Wash up			
Dry up			
Load the washing machine			
Start the washing machine			
Empty the washing machine			
Help to prepare a healthy meal			
Tidy your bedroom			
Make your bed			
Vacuum			
Lay the table			
Fold your clothes			
Wash your own hair			

Clean the bathroom			
Clean the kitchen			
Make a cup of tea/hot drink for someone else			
Make a healthy snack for yourself			
Make breakfast			
Make a cold drink for someone else			
Make lunch			
Go for a walk			
Spot an animal from your window			
Go for a run			
Sort the recycling			
Find a coin/note and say what it is worth			
25. Put the bins out for collection			
26. Write a shopping list			

Independent Living Skills – Health and Personal Care

Support students to think about how they look after themselves every day by keeping themselves clean and healthy. Talk about the order in which they carry out their daily routines and whether there are any specific reasons i.e. brush teeth after breakfast to clean away what I have just eaten.

Eat breakfast	Wake up	Brush hair
Wash face	Brush teeth	Get dressed
Spray deodorant	Wash hair	Wash body
Dry body	Get out of bed	Eat breakfast

My sequence of taking care of myself:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Independent Living Skills – Cooking

We understand that at the moment cooking and finding ingredients can be stressful, so please only attempt the following activity if you have the resources and can facilitate it without any stress. Any recipes we give you can be adapted or changed for items you may have in the cupboards/fridge.

How to make a boiled egg



Ingredients I will need:

- An egg

Equipment I will need:

- Saucepan
- Spoon
- Bowl of cold water

1. Place your egg into a saucepan



2. Add cold water until it covers the egg



3. Switch on the hob, place the saucepan on top and wait for the water to boil. Leave to boil for 3 minutes.



4. Use a spoon to remove the egg from the pan. Remember to turn the hob off.



5. Put the egg in cold water to cool down, before taking the top off

