

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 – 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 jacket potato



Ingredients I will need:

- 1 large potato
- Something to go on top:
 - Beans
 - Tuna
 - cheese

Equipment I will need:

- fork
- microwave
- plate
- cheese grater
- knife

1. Use the fork to prick holes all over the jacket potato



2. Put the potato into the microwave for 5-7 minutes



3. Prepare your topping; heat the beans, grate the cheese, mix tuna with mayonnaise



4. Remove potato from microwave, cut along the top and add the filling

