

Life skills Suggestion Pathway 2.

Please find some challenges that can be done throughout the coming weeks. These are all activities that can be practiced to support those important life skills to prepare our students for growing up and adult hood. Please model the activity as needed and guide when mistakes may be made. We learn through our mistakes and through learning and can get only get better through practice and support.

Activity	When did you do it?	Did you need help? Y/N	Parent/Carer comments
1. Wash up			
2. Dry up			
3. Load the washing machine			
4. Start the washing machine			
5. Empty the washing machine			
6. Help to prepare a healthy meal			
7. Tidy your bedroom			
8. Make your bed			
9. Vacuum			
10. Lay the table			
11. Fold your clothes			
12. Wash your own hair			
13. Clean the bathroom			
14. Clean the kitchen			
15. Make a cup of tea/hot drink for someone else			
16. Make a healthy snack for yourself			
17. Make porridge			
18. Make milk drink			
19. Make a cup a soup			
20. Go for a walk			
21. Spot an animal from your window			
22. Go for a run			
23. Count how many mugs your family has			
24. Find a £ coin and say what it is worth			
25. Find a £ note and say what is it worth			
26. Write a shopping list			

Keep a food diary for the week



My Food Journal



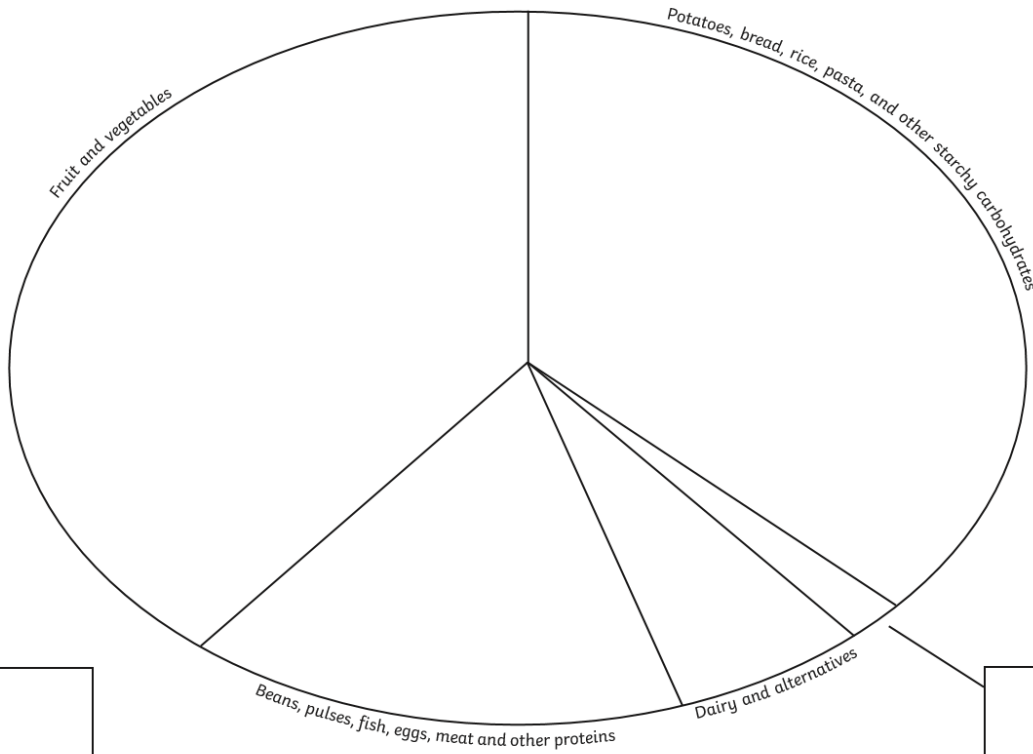
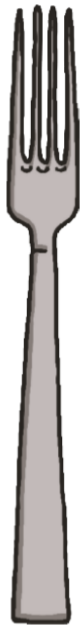
Name _____ Date _____



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

Make a healthy meal

Healthy Eating Meal



High in fat, salt and sugar

Oils and spreads