

Cognition and Learning

This unit focuses on consolidating cognitive skills and applying them to real-life tasks like hygiene, cooking, and self-care to foster independence and enhance quality of life. It aims to develop daily routines, transfer cognitive skills (memory, attention, problem-solving) to practical contexts, improve decision-making and problem-solving in everyday situations, and increase self-regulation to manage emotions and adapt to challenges effectively.

Physical and Sensory

This unit helps students reflect on their likes and dislikes during activities, encouraging them to think about their preferences and communicate their feelings. Students will learn to express emotions, build self-awareness, and make choices that align with their interests. They will also explore how enjoying certain activities supports personal growth while finding ways to improve skills in less preferred tasks, helping them make more informed decisions about activities in the future.

Communication and Interaction

This unit focuses on developing effective communication skills for navigating complex interactions, managing conflicts, and ensuring clear, adaptive communication. Students will refine active listening, self-expression, and interpersonal skills to engage effectively across various settings. By the end of the unit, students will communicate in diverse environments, build relationships, respond to questions and instructions, and apply their skills to real-world scenarios, fostering independence and decision-making.

Social, Emotional and Mental Health

This unit focuses on helping students develop communication and problem-solving skills in various situations. Students will work on listening, responding positively to others, and collaborating effectively. They will also build self-awareness by recognising and managing their own emotions while understanding the emotions of others. By improving communication with both peers and adults, students will learn to approach problems constructively, reduce misunderstandings, and find effective solutions.