

LIFE SKILLS

Learn how to **wash your clothes** using the washing machine and/or tumble dryer.
Don't forget to put washing away too!

Wrapping presents! If you have any old boxes at home, you could practise gift wrapping them for birthdays, Christmas and other special occasions.

Cleaning– Using a gentle sponge with warm water can make the blobs of toothpaste around the sink disappear! Ask your adult about how you could help with cleaning around the house.

Cooking/Baking– Have a go at preparing a simple meal or snack for you and your family. Don't forget to lay the table!

Find a simple baking recipe online and have a go at making a sweet treat.

Treating a wound!– A little bit of first aid at home is always a helpful life skill. Head to 'St Johns Ambulance' online for ways to help someone. Role play with a family member.

Navigating– Have a go at looking at a map online or on paper. Can you recognise some places? Can you make a simple map of your home or room and hide some treasure for a family member.

Comparison shopping! Have you thought about spending some of your birthday or Christmas money on something special? Or is a member of your family looking at buying a new product? Research some online shops and write down some prices to see if you can find the best deal!

Helpful Jobs

- **Load/unload the dishwasher or wash up/dry/put away/**
- **Tidy toys away**
- **Tidy your bedroom**
- **Put any food wrappers in the bin**
- **Put dirty cups/glasses/plates into the kitchen to be washed.**
- **Sort out a drawer or cupboard**
- Play games with your siblings
- Count the coins in your piggy bank.