



Developing life skills at home:

- Learn how to change your bed sheets and make your bed.
- Try some simple cooking with an adult.
<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>
<https://www.bbcgoodfood.com/recipes/collection/kids-baking>
- Help out around the home with the cleaning and household chores.
- Brush your teeth like a pro - watch *My Kid's Dentist*
<https://www.youtube.com/watch?v=hDZXSMU2IAk>
- Practise writing a letter to a friend or to our NHS thanking them for their hard work.
- Practise writing your full name, address and phone number.
- Time management, create a daily timetable to organise your day and routine.
- Practise tying your shoelaces.
- Tidy your bedroom and toys.
- Learn how to fold your clothes.
- Feed and water your pets - if you have a pet this could be your responsibility to help out at home.
- Practise mindfulness and calming strategies.
- Exercise - PE with Joe Wicks <https://www.youtube.com/watch?v=UW7b-hDt2Ok>
- St John's Ambulance basic first aid for 7 years+ <https://www.sja.org.uk/get-advice/first-aid-lesson-plans/>

