

Tick off each life skill activity as you do them. If you do some that I haven't thought of please tell me on Class Dojo and I can reward you. It would be great to see some photos or videos of you in action!

Make your bed.	Memorise your full address including post code.	Make your own breakfast and clear up afterwards.	Sweep the floor or use the Hoover to clean a room.	Chop up some fruit or vegetables.
Tie shoe laces – if you don't have any on your shoes or trainers then practise on someone else.	Change your bed, including duvet cover and pillow cases.	Write a shopping list that would give your family a day's meals.	Clean the bathroom or at least the sink! Make sure you remove all the toothpaste splashes	Brush your hair and learn to put a bobble in your own hair or someone else's.
Wrap a present – it could just be an empty box in newspaper when you get confident try tricky shaped objects.	Wash the outside of the car or clean the inside or clean your bike.	Fold a pile of clothes neatly and sort out one of your own clothes drawers.	Learn the alphabet and when you know it ask someone to say a letter and see if you can remember the letter that comes before and the one that comes after	Load the top shelf of the dishwasher if you have one, if you don't then handwash a bowl of saucepans.
Feed a pet if you have one, if you don't then make a snack for a parent!	Lay the table for your whole family for a meal	Memorise one of your parent's phone numbers. Try to learn both if you are super confident.	Wash a bowl full of dishes, dry up and put it all away	Choose and prepare your own lunch, making sure it is balanced and healthy and clear up afterwards.