



My Life Skills Challenge

As the children are spending all their time at home at the moment, we thought it would be the ideal opportunity to challenge them to develop their life skills. Children develop these at different rate but with a little practice, they can become much more independent and confident in these skills.

The skills listed are broadly as follows:

Shaded **blue**: the skills that would be expected to be developing in age 4 to 7 year old neuro-typical children

Shaded **green**: the skills that would be expected to be developing in age 8 to 11 year old neuro-typical children

What to do:

- *Begin with a check of how your child is performing in each of the skills

- *Choose a few skills every few days to focus on until your child become competent in the skill, hopefully having lots of fun as you practise

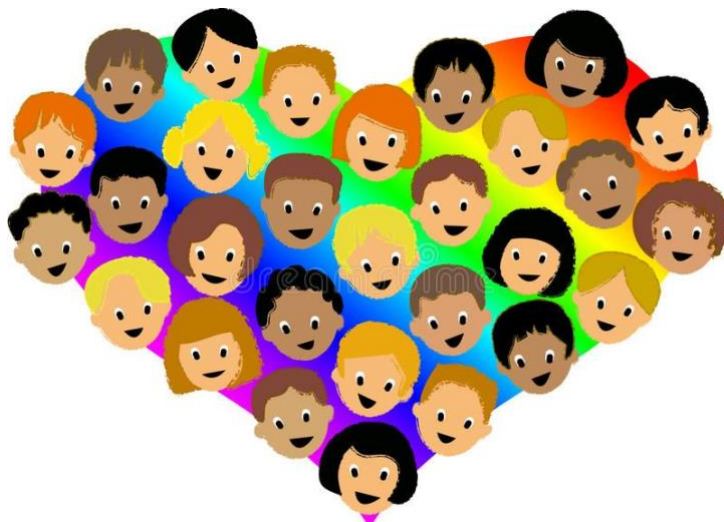
- *Record progress on the chart

- *Once a younger child can achieve all the blue shaded skills, move onto the green ones

- *Once an older child can achieve **all** skills, you could move on to using specific tools/other skills relevant to activities you are doing

Children who bring back the complete chart to school when we return will be rewarded with a certificate.

Have fun-we're looking forward to seeing lots of lovely life skills!





My Life Skills Challenge

Skill	I can attempt this 	I can do this competently and independently 	Comments
Dress and undress and fasten all buttons and zips			
Put on and take off own footwear and tie laces if needed			
Recognise own property immediately			
Hold pencil/writing equipment correctly			
Open packaging (e.g. snacks)			
Cross roads safely with an adult			
Make a simple sandwich			
Tell the time (o'clock, half and quarter)			
Make own bed			
Recite my own address and a relevant phone number			
Take a phone message			
Recognise all coins			
Know what day and month it is			
Set and clear a table			
Simple household cleaning (e.g. dusting/wiping)			
Put used clothes in laundry			
Know what to do in emergencies			



My Life Skills Challenge

Skill	I can attempt this 	I can do this competently and independently 	Comments
Cross roads safely with some independence			
Write own address accurately			
Look after pets			
Basic first aid			
Tell the time (analogue and digital)			
Vacuum, sweep, mop			
Gather equipment needed for a task			
Follow a simple recipe			
Track own spending and saving			
Hang/fold laundry			
Pack a bag			
Know what to do in different emergencies			
Know what date it is			
Please add any additional skills:			