

Activities for home to develop life skills



How many things can you tick off the list?

Learn to tie shoelaces	
Learn to tell the time	
Learn the days of the week and months of the year in order	
Learn some dates that are important to me, for instance family birthdays !	
Recognise all coins and use them to pay for things and give change (Set up a pretend shop in your house. Put a price on food items in your cupboard or some of your toys, then use real money to 'buy' them. Take turns to be the shopkeeper. Don't forget to give the money back to your grown up when you have finished!)	
Sew on a button	
Care for a living thing - a plant or a pet	
Learn to make my own bed	
Learn my address and the phone number of my grown-up	
Learn to do up my coat by myself and learn to fasten zips and buttons	
Learn what can be recycled and put it in the correct bin	
Use a knife and fork	
Draw a map to help somebody find something you have hidden	

Play a game with a family member and congratulate them if they win!	
Learn to do the laundry <ul style="list-style-type: none">- Learn to use the washing machine- Pair the socks from the washing correctly- Put the washing away!	
Challenge yourself - think of something that you find difficult - now persevere and see if you can achieve it!	
Learn how to cook <ul style="list-style-type: none">- make a sandwich- make toast- make a cup of tea (with an adult to help you)- bake a cake- bake some bread- make a meal for my family!	
Learn a new skill - eg learn to sew, knit, do origami, or learn a new language. Or come up with an idea of your own!	