



LIFE SKILLS

Skills for Learning
Skills for Life
Skills for Work

Have a go at learning these important life skills at home. Ask an adult or older sibling to help you, they might have some good advice and top tips for you! Can you learn...

<h3>COOKING/BAKING</h3> <ul style="list-style-type: none">- How to follow a recipe- How to use/read scales- How to use a measuring jug- How to use the hob safely- How to use the oven safely- How to set a timer- How to make a sandwich- How to boil, fry, poach, scramble eggs and make an omelette- How to boil pasta/rice/potatoes etc- How to use a knife safely- How to use a vegetable peeler- How to grate cheese etc- How to melt chocolate- How to crack an egg- How to sieve flour- How to whisk, mix, fold in etc- How to check things are cooked <p>* VERY IMPORTANT TO LEARN *</p> <ul style="list-style-type: none">- Hygiene (wash hands, disinfect surfaces, tie hair back etc)- Safety when handling hot things and using sharp objects etc	<h3>CLEANING</h3> <ul style="list-style-type: none">- How to sweep the floor- How to Hoover- How to dust- How to mop- How to empty the bin- How to clean the kitchen/bathroom- How to clean mirrors/glass- How to wash the dishes or use the dishwasher- How to clean the car (inside & out)	<h3>LAUNDRY</h3> <ul style="list-style-type: none">- How to read clothes labels for washing/ironing instructions- How to use the washing machine- How much detergent to use- How to hang clothes on the washing line outside or inside- How to use the tumble drier- How to iron clothes safely- How to fold clothes & put it away- How to change bedding/make the bed	<h3>CAREER</h3> <ul style="list-style-type: none">- How to recognise your own qualities, values, skills and talents- How to write a CV/application form- How to be professional and present yourself in a job interview- How to develop good time management skills- How to communicate effectively- How to work as part of a team- How to motivate yourself
	<h3>FINANCES</h3> <ul style="list-style-type: none">- How to know the difference between wants and needs- How to budget money- How to save money- How to read a bank statement- How to understand credit & loans- How interest rates work- How to understand insurance- How mortgages work- How debit/credit cards work- What signing a contract means	<h3>EMOTIONAL INTELLIGENCE</h3> <ul style="list-style-type: none">- How to recognise when you feel sad/angry/happy/anxious/unwell- How to use coping strategies to control and manage emotions- How to manage stress- How to deal with disappointment- How to have a growth mindset- How to be mindful & think positively- How to bounce back & be resilient- How to continually build my confidence and self-esteem	<h3>SAFETY/RELATIONSHIPS</h3> <ul style="list-style-type: none">- How to test the fire alarm- How to do basic CPR & First Aid- Who to talk to when you feel worried/anxious or don't feel safe- How to stay safe online- How to negotiate & communicate effectively with others- How to overcome a disagreement- How my actions affect others- How to show empathy & Compassion for others

You can highlight the life skills you have tried/discussed if you want to.