



life skills



have a shower



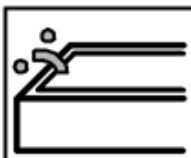
on my own



with help



I don't know



run a bath



on my own



with help



I don't know



have bath



on my own



with help



I don't know



wash hair



on my own



with help



I don't know



brush teeth



on my own



with help



I don't know



get washed



on my own



with help



I don't know



comb hair



on my own



with help



I don't know



choose clothes



on my own



with help



I don't know



get dressed



on my own



with help



I don't know





life skills



make toast



on my own



with help



I don't know



make a sandwich



on my own



with help



I don't know



organise a bowl of cereal



on my own



with help



I don't know



use a hob



on my own



with help



I don't know



use a grill



on my own



with help



I don't know



use an oven



on my own



with help



I don't know



use a microwave



on my own



with help



I don't know



make tea



on my own



with help



I don't know



make coffee



on my own



with help



I don't know





life skills



go to the shops



on my own



with help



I don't know



tidy my room



on my own



with help



I don't know



set table



on my own



with help



I don't know



wash dishes



on my own



with help



I don't know



fold clothes



on my own



with help



I don't know



change bed covers



on my own



with help



I don't know



use a dishwasher



on my own



with help



I don't know



iron clothes



on my own



with help



I don't know



dust



on my own



with help



I don't know





life skills



load washing machine



on my own



with help



I don't know



use a washing machine



on my own



with help



I don't know



use a dryer



on my own



with help



I don't know



make bed



on my own



with help



I don't know



clean windows



on my own



with help



I don't know



tidy house



on my own



with help



I don't know



dry dishes



on my own



with help



I don't know



wash car



on my own



with help



I don't know



cut grass



on my own



with help



I don't know





life skills



know address



on my own



with help



I don't know



know when
birthday is



on my own



with help



I don't know

Su M T W know the days of
Th F Sa the week



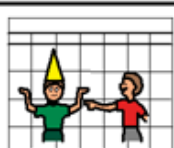
on my own



with help



I don't know



know the months



on my own



with help



I don't know



know how to make
an emergency call



on my own



with help



I don't know



use a phone



on my own



with help



I don't know



tie shoes



on my own



with help



I don't know



tie a tie



on my own



with help



I don't know



ride a bike



on my own



with help





















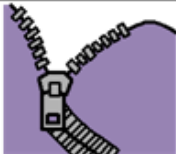

















I don't know





life skills

 open crisps	 on my own	 with help	 I don't know
 open a bottle	 on my own	 with help	 I don't know
 open a can	 on my own	 with help	 I don't know
 open a tin	 on my own	 with help	 I don't know
 lock and unlock door	 on my own	 with help	 I don't know
 zip	 on my own	 with help	 I don't know
 button	 on my own	 with help	 I don't know
 belt	 on my own	 with help	 I don't know
 use a seat belt	 on my own	 with help	 I don't know





life skills



pour a drink



on my own



with help



I don't know



write



on my own



with help



I don't know



cut



on my own



with help



I don't know



use glue stick



on my own



with help



I don't know



use sellotape



on my own



with help



I don't know



eat with cutlery



on my own



with help



I don't know



use a knife
safely



on my own



with help



I don't know



wrap a present



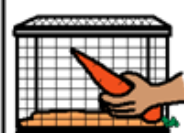
on my own



with help



I don't know



feed pet



on my own



with help



I don't know

