Life Skills to Learn During Lockdown

Look at the list below and tick off the ones you can already do. Then make a plan to work through the others during lockdown

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| Life Skill | Tick when you can do |
| Tie your laces |  |
| Tie your tie |  |
| Make your own bed |  |
| Put your clothes away or in laundry |  |
| Set the table |  |
| Know your phone number (landline) or one of your parents mobile number |  |
| Able to recite your address including post code |  |
| Able to write own address without copying |  |
| Spell and write your first and surname correctly without copying |  |
| Spell the names of brothers and sisters |  |
| Spell first names of 10 friends |  |
| Help sort the rubbish for recycling |  |
| Learn to ride a bike |  |
| Know what 2 metres look like and keep social distancing |  |
| Know how to wash hands correctly |  |
| Get your own cold breakfast – cereal milk |  |
| Learn how to use a toaster safely |  |
| Learn how to use a hanky to blow your nose |  |
| Tidy belongings away neatly |  |