**Life Skills Activities- First Level**

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| **PREPARING MEALS** |
| Talk about a healthy diet. | Have your child help prepare meals. Butter bread or place items on a baking tray etc  | Show your child how to set the table.  | When eating meals discuss why certain parts of the meal are good for your body.  |
| Have your child choose a recipe to make a meal with you for the family.  | Help your child devise a menu of the day. | When grocery shopping, discuss which items are cheaper/more expensive. | Have your child help clear the table after meals.  |

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| **MONEY MANAGEMENT** |
| Show your child different coins and notes and get them to order them in value from lowest to highest.  | Set up a mini- shop for role play. Have your child decide on prices for everyday items.  |  Discuss value for money and give your child scenarios about choices such as 4 bars of chocolate for £1 or one bar for 70p |

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| **EMPLOYMENT** |
| Ask your child to list jobs they have heard of and do some research. | Role play jobs with your child. |

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| **HOUSING** |
| Discuss the basic differences between essentials and necessities in a house. | Discuss different types of houses and identify them when you are out walking (i.e. flats, semi- detached etc) |

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| **HEALTH** |
| Make hand-washing a part of your child’s routine after using the bathroom and before meals, and tooth-brushing a part of their morning and evening routines. Let your child pick out their toothbrush, toothpaste, and dental floss. | Exercise with your child. (Joe Wicks on YouTube, Cosmic Yoga, walk/cycle outside etc) | Role play with your child different situations and conflicts and how they might react in different contexts. | Discuss basic anatomy with your child, teach them anatomical terms for their body parts, and give them honest, age-appropriate answers to their questions. |

**Life Skills Activities- Second Level**

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| **DAILY LIVING SKILLS** |
| Discuss appropriate manners and model them for your child. | Discuss proper hygiene with your child, including frequency of bathing and haircuts. | Have your child help with basic chores around the house.  | Teach your child to put their dirty clothes in a laundry basket.  |

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| **SOFT SKILLS** |
| Have discussions about things your child finds easy and/or difficult. Brainstorm ideas of what helps when they get stuck at something.  | Praise children for their effort rather than the end result when they complete a task.  | Talk with your child about how we speak differently to different people. Discuss how we communicate differently with people based on their role and our relationship with them.(Roleplay phoning people, ordering food etc) |