

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...

<p>COOKING/BAKING</p> <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 * VERY IMPORTANT TO LEARN * - Hygiene (wash hands, disinfect surfaces, tie hair back etc) - Safety when handling hot things and using sharp objects etc 	<p>CLEANING</p> <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) 	<p>LAUNDRY</p> <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 	<p>CAREER</p> <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
<p>FINANCES</p> <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 	<p>EMOTIONAL INTELLIGENCE</p> <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 	<p>SAFETY/RELATIONSHIPS</p> <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 	<p>SAFETY/RELATIONSHIPS</p> <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

**Learning these skills will enable you to become a confident & independent adult.
You can highlight the life skills you have tried/discussed if you want to.**