

Life skills are valuable lessons kids will use throughout their lifetime.

Task 1 - This week we would like you all to choose your own clothes and practice getting ready all by yourselves, we know you can do it.



Rolly Responsible will be super impressed.

Getting dressed **helps your child develop many other skills**, including:

- **fine motor skills** as they learn to fasten buttons and zips.
- **gross motor skills** as they stand on one leg to pull on a pair of trousers.
- **cognitive skills** as they remember which bits of clothing go on first, and builds the patience and attention to finish the task.
 - Language skills as they name types of clothes, colours and sizes.
- awareness of time and space as they learn to dress for certain occasions and weather conditions.

Task 2 – Can you get yourself washed in the bath or shower? Show your adult an example of effective hand washing. Can you brush your teeth all by yourself?



Harry healthy is so proud of you.

Here is a video to support you with hand washing - <https://www.youtube.com/watch?v=S9VjeIWLnEg>

Your kids are never too young to begin learning about health and hygiene. In our hectic day-to-day schedules, we're always telling our kids to take a bath, brush their teeth, wash their hands, and change their underwear. We never tell them why, though. Explain why health and hygiene are always going to be crucial parts of their days.

The ladies would love to hear how you managed these tasks.

