

Life Skills Grid



EYFS and KSI

Below are some activities to support your child in developing their life skills.

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|---|--|---|
| <p>Independence</p> <p>Practise getting changed independently and hanging/folding your clothes.</p> | <p>Write and post a letter to someone.</p> | <p>Talk about emotions and how characters in pictures/books may be feeling and why.</p> |
| <p>Safety</p> <p>Talk about the hazards around the home - electrical appliances, fire safety, medicines and household products - and how to keep yourself safe.</p> | <p>Learn your address and how to get help if you needed it e.g. an accident or if someone is unwell.</p> | <p>Use scissors safely.</p> |
| <p>Responsibility</p> <p>Learn about personal hygiene.</p> | <p>Learn about litter and recycling.</p> | <p>Talk about what is good and bad in the local area and how it could be improved.</p> |
| <p>Citizenship</p> <p>Know which country you live in.</p> | <p>Learn about some important people e.g. the Queen</p> | <p>Know that charity exists.</p> |
| <p>Budgeting</p> <p>Learn about different coins/money.</p> | <p>Learn that money can be spent or saved.</p> | <p>Learn that money is a limited resource.</p> |
| <p>Cooking and Nutrition</p> <p>Try foods from different countries.</p> | <p>Prepare and make a simple meal with an adult.</p> | <p>Know where food comes from and plant/grow your own foods.</p> |

Life Skills Grid



KS2

Below are some activities to support your child in developing their life skills.

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|--|---|--|
| <p><i>Independence</i></p> <p><i>Be responsible for your own belongings and equipment.</i></p> | <p><i>Create a timetable or 'to do' list to help you organise your day.</i></p> | <p><i>Learn about a new sport or hobby.</i></p> |
| <p><i>Safety</i></p> <p><i>Talk about the hazards around the home - electrical appliances, fire safety, medicines and household products, road safety, water safety - and how to keep yourself safe.</i></p> | <p><i>Learn your address and how to get help if you needed it e.g. an accident or if someone is unwell.</i></p> | <p><i>Learn about firework safety.</i></p> |
| <p><i>Responsibility</i></p> <p><i>Help an adult to improve the home in some way - chores or planting seeds in the garden.</i></p> | <p><i>Create a poster to promote a place in your local area.</i></p> | <p><i>Create a poster promoting how to be safe online.</i></p> |
| <p><i>Citizenship</i></p> <p><i>Understand ways of raising money for charity.</i></p> | <p><i>Use an OS map to learn about the local area.</i></p> | <p><i>Interview members of your family and be interviewed by members of your family.</i></p> |
| <p><i>Budgeting</i></p> <p><i>Understand different ways to pay for things, e.g. money, debit cards, credit cards.</i></p> | <p><i>Understand that money which is borrowed has to be paid back.</i></p> | <p><i>Learn about different careers, qualifications</i></p> |
| <p><i>Cooking and Nutrition</i></p> <p><i>Learn how to chop and peel ingredients safely.</i></p> | <p><i>Prepare and make a simple meal with an adult.</i></p> | <p><i>Explain and research the ethics around food (fair trade, organic, animal testing etc.)</i></p> |