

Life Skills Challenges for home

Name

Class

(You can use your phone camera to document some of these challenges)

Skill / activity	Parent initials/signature		
Unload washing a machine			
Regularly make your bed/ Change your bed			
Vacuum different rooms in your house/ flat			
Make a cup of tea / coffee for someone else			
Help unpack and put the shopping away			
Put your own ironed clothes away in the right places			
Be able to lock and unlock house doors and windows			
Identify 3 possible dangers around the home and know what to do to stay safe			
Work out how much time you spend either on the internet or playing computer games in a week			
Give advice about personal hygiene/ Make a leaflet			
Organise the recycling at home and make a Recycling Poster			
Do 2 or more jobs/ week in the garden			
Hang the washing out			
Polish a pair of shoes			
Each week use your TV menu to set your TV to record 5 programmes each week			
Write the instructions for making beans on toast			
Take a picture of the weather at 11:00 each day you are not in College. Describe the weeks weather each week either audio recording or written.			
Clean a toilet once a week			
Know how and when to contact emergency services Make a checklist of what you need to do!			
Make a food diary for the week. Name 3 things you could change to make it healthier.			
Set the table for your family meals			
Look in catalogues or the internet and work out how much money you might need to buy a kettle/ toaster/ microwave/ washing machine/ iron for a new kitchen. What was the cheapest & most expensive thing?			