

50 LIFESKILLS



**TO LEARN AND
TRY**



WHILST AT HOME
BY GREAT MINDS TOGETHER

www.greatmindstogether.co.uk

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Introduction

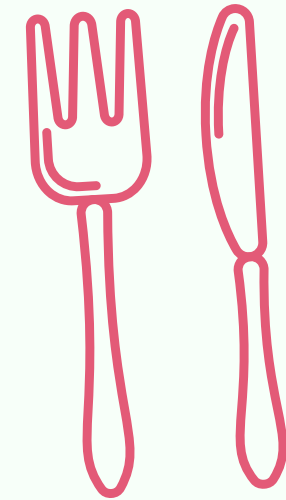
This booklet contains lots of LifeSkills that you can learn (and try) whilst at home. An ADULT must watch over you show you how to do each thing. If you can't do one of the things in your house, you could research online how you would do them!

Why don't you also make a project or scrap book of instructions on how you do each thing?

In the kitchen we can learn how to...

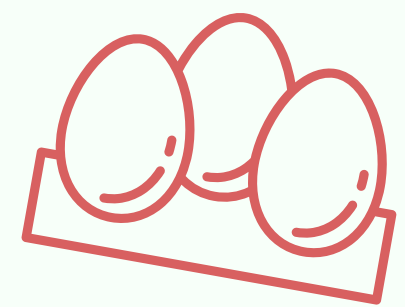
1. Make a soft drink

2. Set the table (properly)



3. Store food safely

4. Use the Oven and Hob Safely



5. Peel and chop things up safely

**6. Crack an egg (without getting shell in
the bowl)**

7. Make a cup of tea

8. Put out a kitchen fire



**9. Clean the Kitchen (and store the
cleaning products) safely**



10. Reach things in high cupboards safely

Around the house we can learn how to...

1. Mop the floor

2. Use the vacuum cleaner

3. Put up a shelf

4. Hang a picture

5. Do the dusting

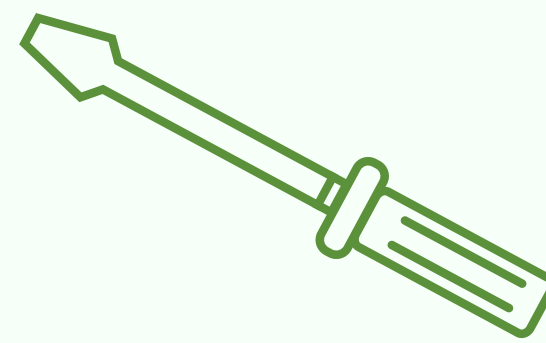
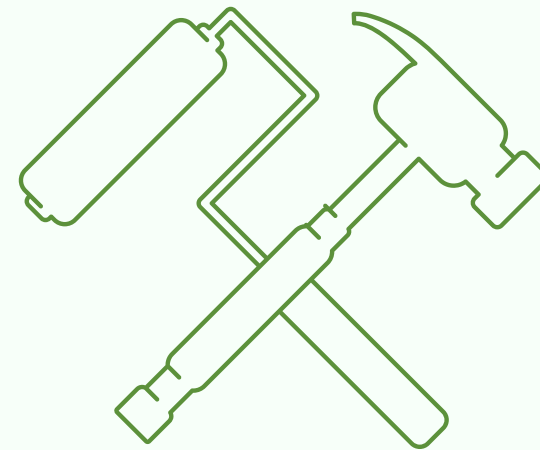
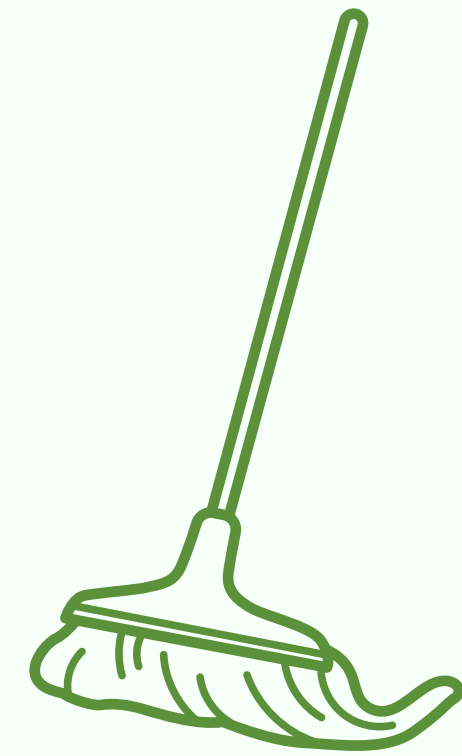
6. Make our bed

**7. Use the tumble dryer or hang out
clothes to dry**

8. Change a lightbulb

9. Change batteries in a remote

10. Clean the bathroom



With our clothing and laundry we can learn how to...

1. Sew up a hole

2. Fold our bedding

3. Pair our socks

4. Sew on a button

5. Hang our clothes up

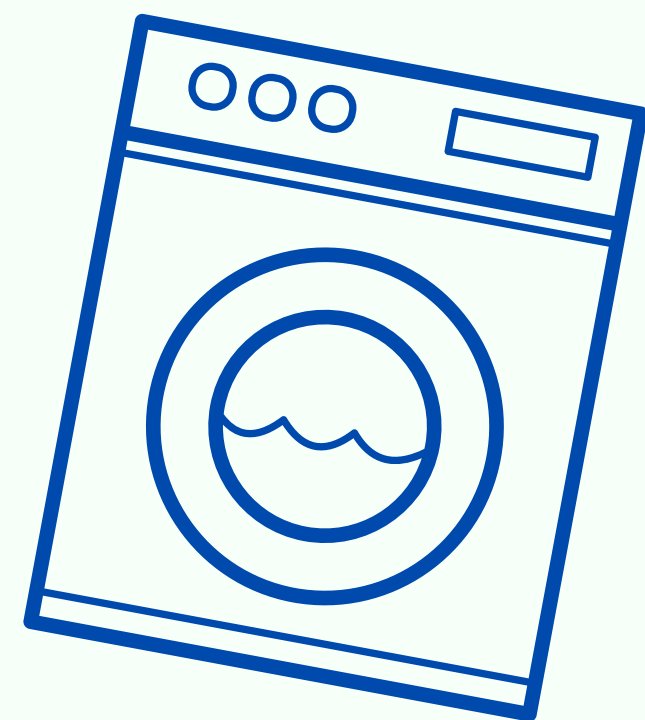
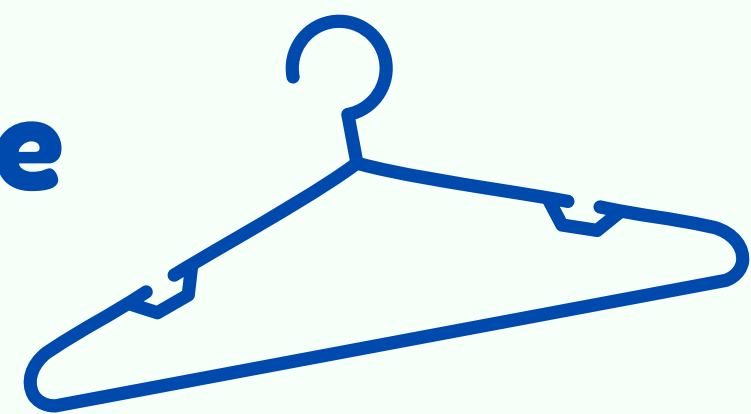
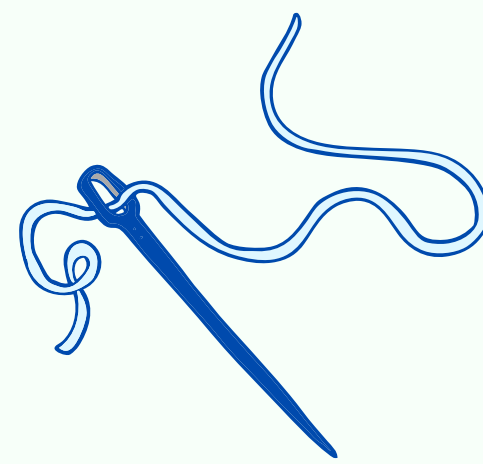
6. Use the washing machine

7. Iron our clothes safely

8. Pack a suitcase

9. Remove stains

10. Use the washing machine



In the garden we can learn how to...

1. Grow vegetables

2. Feed the birds and wildlife

3. Dig up turf safely

4. Plant a tree

5. Rake the soil safely

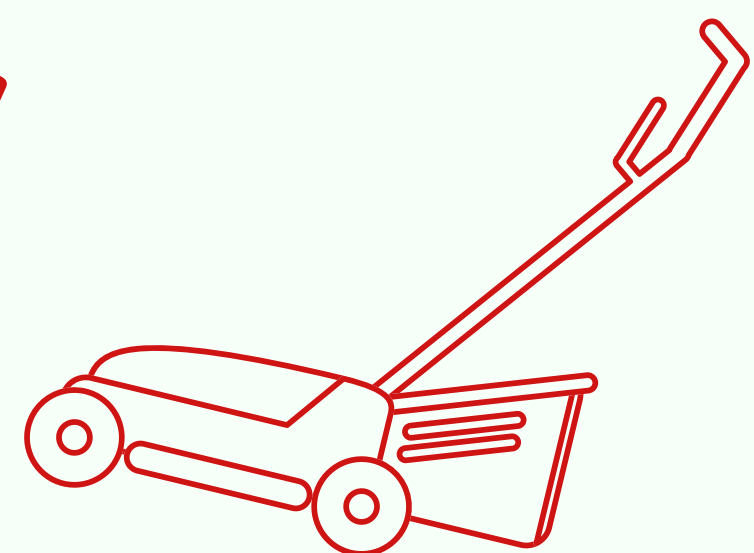
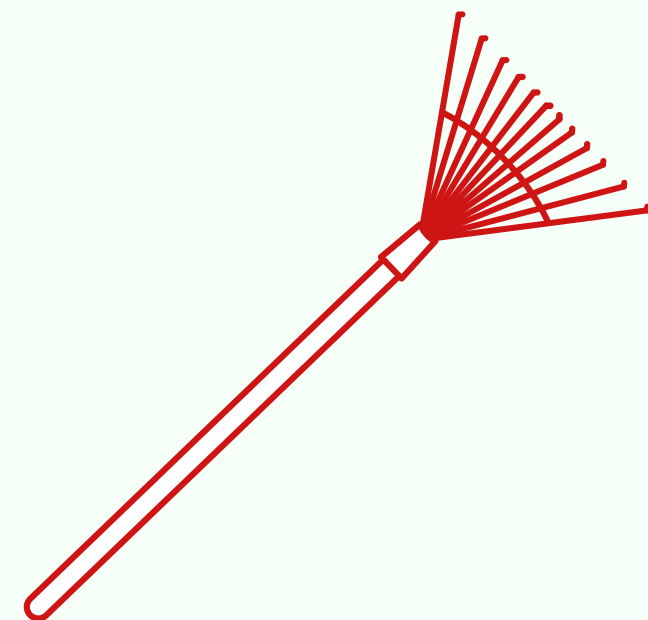
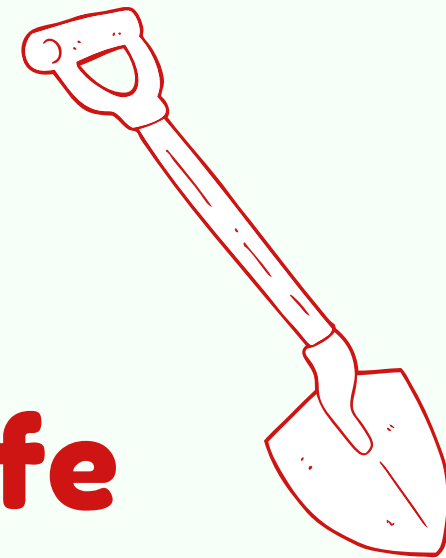
6. Grow vegetables

7. De-weed the grass

8. Mow the lawn safely

9. Grow some herbs (indoors)

10. Prune the flowers safely



Online or on the computer we can learn how to...

1. Send an email safely



2. Do an online food shop

3. Use social media safely

4. Research how to do new things

5. Plan a trip



6. Find out TRUE news

7. Say hello and thank you in a new

language

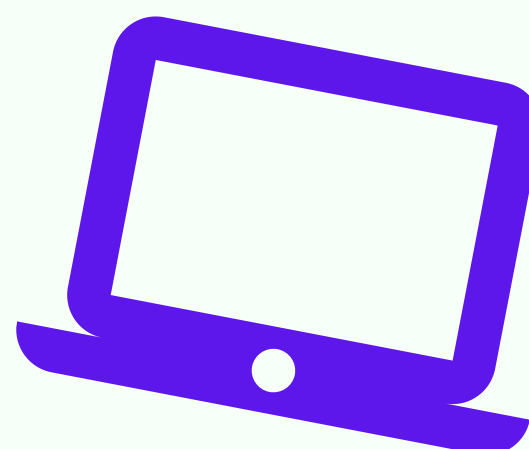


8. Revise your school work

9. Use basic sign language to

communicate

10. Practice E-Safety



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