



Life Skills

KS4 DEPARTMENT



Life Skills

Now is the perfect time to practice your life skills whilst spending so much time in the home.

This week the focus will be 'jobs around the home', next week will be 'healthy lifestyles'.

For each of the jobs please make sure you have an adult supervising, you can also have support with tasks if you need it.

I hope that you manage some of the suggested activities, please send in your pictures for us to see you great work!

Jobs Around The Home



- Making the bed.

- **Step one;** place your duvet cover neatly over your bed.
- **Step two;** place your pillows neatly at the top of your bed.



Jobs Around The Home

- Opening curtains or blinds.

- **Step one;** gently pull back your curtains, if you have a blind gently pull the cord until they open.
- Let the sunshine into your home.



Jobs Around The Home



- Cleaning surfaces.

- **Step one;** ask the adult in your home which cleaning products they wish you to clean surfaces with. This could be a cleaning spray or polish.
- **Step two;** take everything off the surface you wish to clean.
- **Step three;** spray the surface with a squirt of your cleaner and wipe with a cloth/duster.
- **Step 4;** place items back onto the surface.



Jobs Around The Home



- Laundry

- **Step one;** ask an adult in your home to support you to put your dirty clothes into the washing machine, ask them to help you ensure you have the correct colours together, the detergent and softer is in the correct tray, and the setting is correct. Press go.
- **Step two;** When your washing is finished take it out of the washing machine. Now you need to dry your washing.
- **Step three;** If it is a nice day outside you could peg your washing onto a line or a maiden outside. If you don't have this option you may have a dryer or hang them in your home. Ask an adult to help you choose the correct option.



Jobs Around The Home



- Hoovering

- **Step one;** ask an adult to support you plugging and switching on the hoover, it is electric and we must be safe. Make sure there are no items on the floor where you will be hoovering.
- **Step two;** once the hoover is on place one hand on the handle and one hand holding the wire so you don't trip.
- **Step three;** press the on button, walk with the hoover in straight lines ensuring all dirt is picked up from the floor.
- **Step four;** when finished press the button to switch off and ask an adult to support you to unplug.

Jobs Around The Home



- Washing up

- **Step one;** fill the bowl with warm soapy water using a washing liquid given to you by an adult-one squirt will do.
- **Step two;** making sure the water isn't too hot, get a clean cloth/sponge and wash the dirty pots, place the on the draining board to dry.
- **Step three;** take a clean tea towel and carefully dry the pots. Be gentle and work over a surface so that you don't drop any onto the floor.
- **Step four;** place the dry pots back into the correct cupboard.

