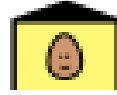
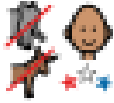


Life skills

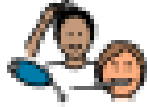
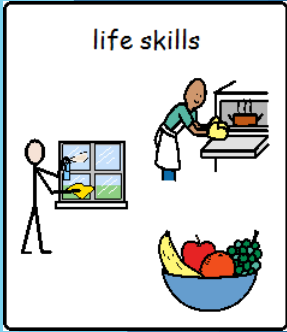
Independent Living



Topic: Independent Living

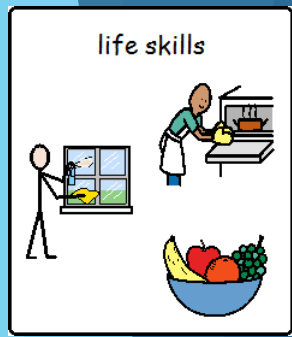
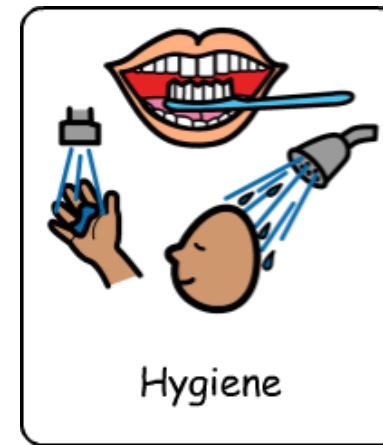
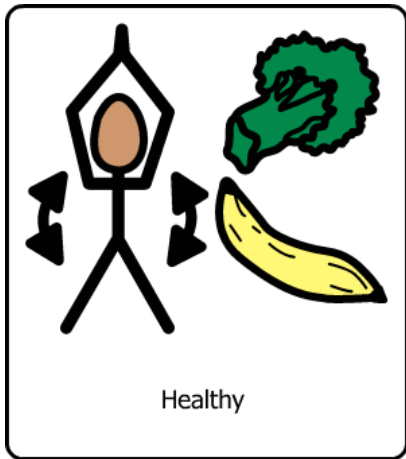
life skills





Personal hygiene

Key words:



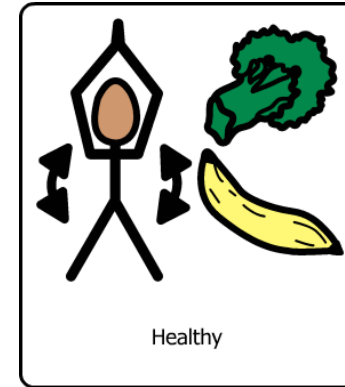
Keeping healthy:



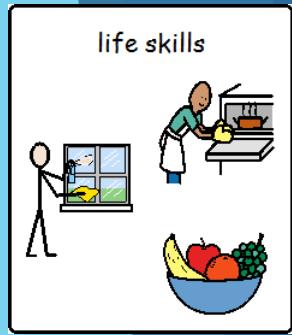
Personal hygiene

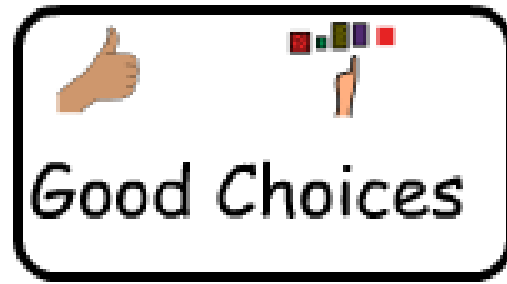


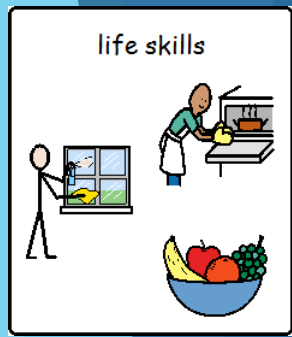
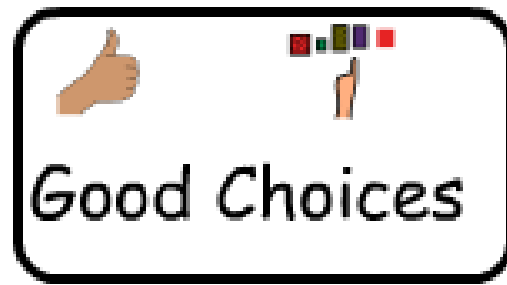
Keep active

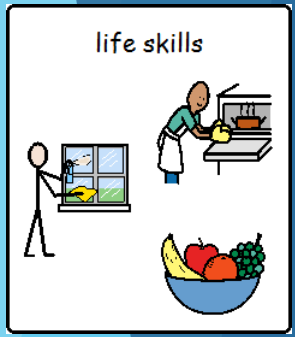
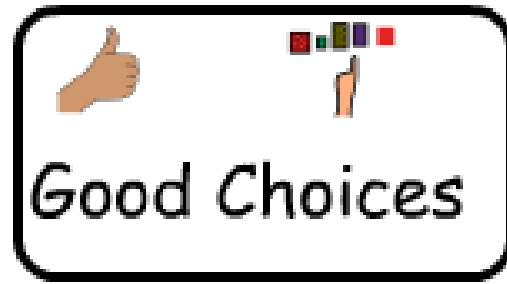


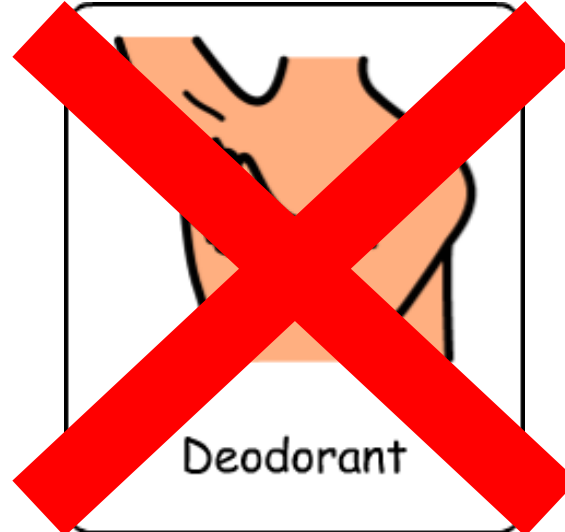
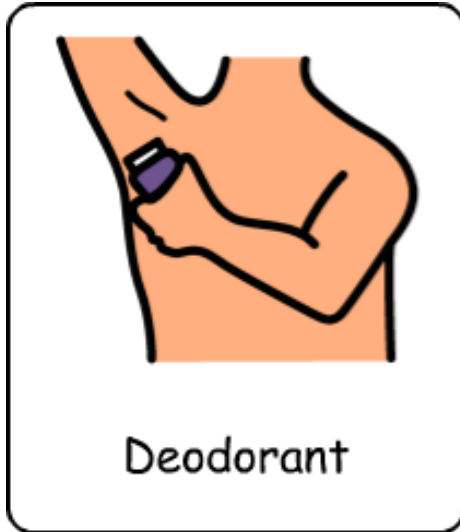
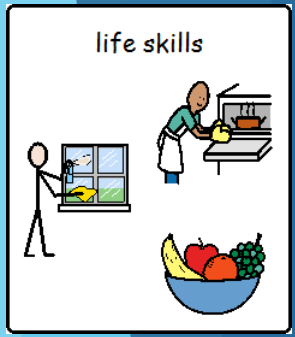
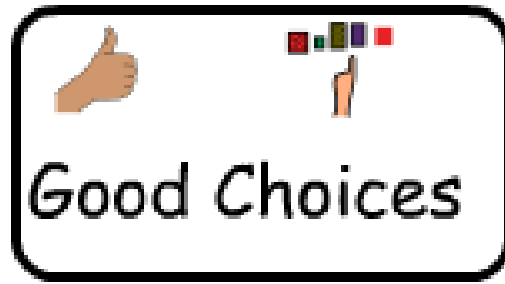
Eat and drink healthy food

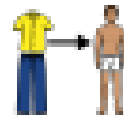
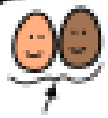












We need to wear clean clothes



Dirty clothes can make us :



Smell bad

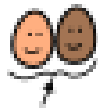
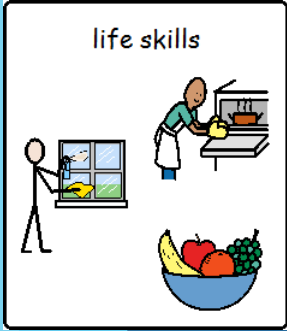


Poorly

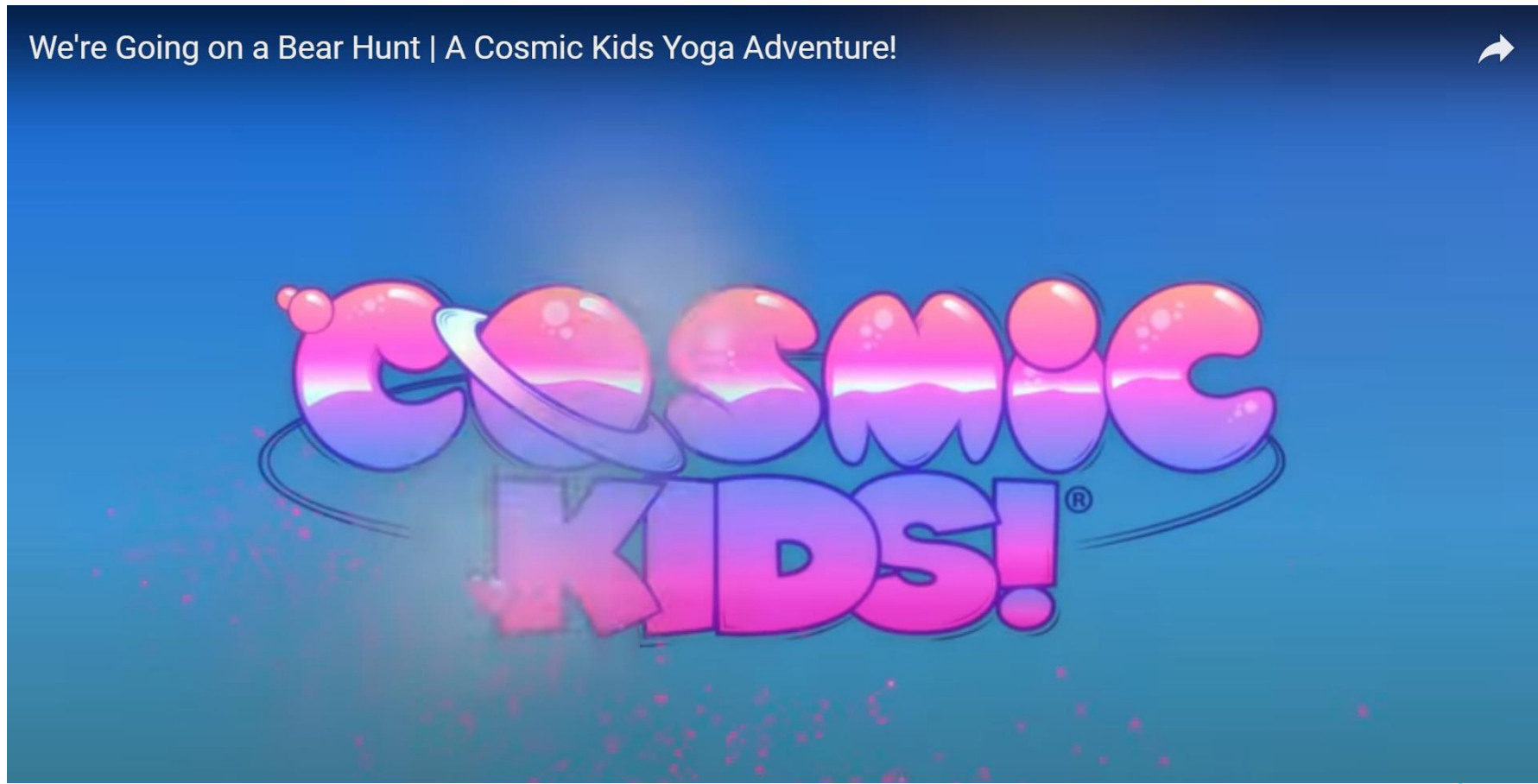
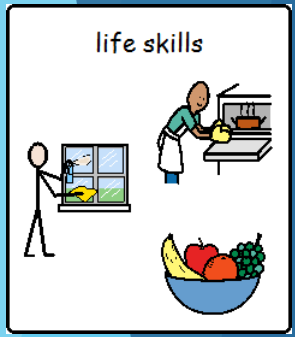


Can you help do the washing at home?





To be healthy we need to eat healthy and exercise



<https://www.youtube.com/watch?v=KAT5NiWHFIU>



What other exercise can you do ?



Football



Walk




life skills

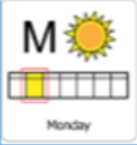
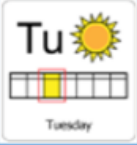

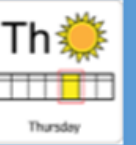


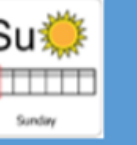
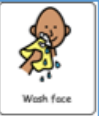









Personal hygiene

life skills

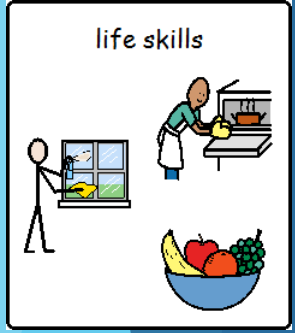
	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	 Saturday	 Sunday
 Wash face							
 Shower							
 Brush hair							
 Get dressed							
 Brush teeth							

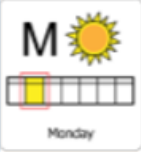


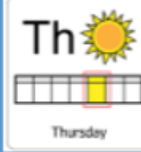
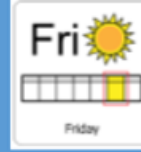








A

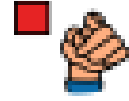
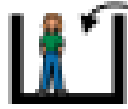
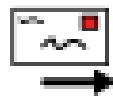
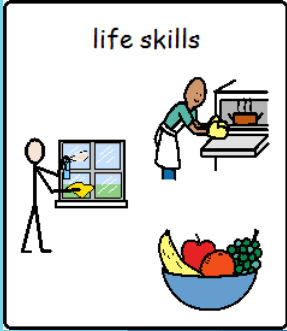




Make a food and exercise diary



	 M Monday	 Tu Tuesday	 W Wednesday	 Th Thursday	 Fri Friday	 Sa Saturday	 Su Sunday
 Breakfast							
 Lunch							
 Teatime							
 Snack							
 Exercise							



Don` t forget to send in your work and pictures