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|  | ***NHS*** |  |

Independent Living Skills

An Introductory programme

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| **Skill A: Jam sandwich**   1. Can you tell me what’s in the box?   2a. We are going to make a jam sandwich, what do we need first? (*Spread* *butter onto two slices of bread)*  2b. What do we need next ?  (*Put jam onto bread, spread and sandwich together*)   1. Where would you cut the sandwich? 2. Can you clear away for me? (*Food away, items to wash up*)   If not, then what would you do with the dirty knife, spoon, chopping board? |

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| **Preparing food** | | |
| **Skill A : Jam sandwich** | | |
| Comments | | |
| 1. Identify equipment   * Knife * Spoon * Butter * Jam jar / jam * Bread * Plate * Board * Anti slip mat |  |  |
| 2. Ordering   * 2 slices of bread, knife, butter * Butter the bread * Add the jam and sandwich together |  |  |
| 3. Manual dexterity & halving   * Judging where to cut |  |  |
| 4. Clearing away   * Items to fridge * Items to be washed up |  |  |

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| **Skill B: Pancake (knife and fork)**   1. How do you hold the knife and fork? 2. Can you use the knife and fork together to eat the pancake? |

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| **Preparing food** | | |
| **Skill B : Eating with a knife and fork** | | |
| Comments | | |
| 1. Control of fork   * Find the handle * Grip |  |  |
| 2. Control of knife   * Find handle * Grip * Cutting |  |  |
| 3. Food   * Locating food on the plate and load onto fork * Position and movement need to place food in mouth |  |  |
| 4. Combined use   * Knife and fork |  |  |

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| **Skill C: Yoghurt** **pot (spoon)**   1. Here is a yogurt, can you open it? 2. Here is some cutlery, choose what is best to eat a yogurt with. 3. Eat the yogurt (*spoon position)* 4. How would or did you know the pot is empty?   (*NB Skill C Part 3* *spoon control- scooping food and position to mouth)* |

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| **Preparing food** | | |
| **Skill C** *(link with skill B )***: Yoghurt pot** | | |
| Comments | | |
| 1. Locate and peel off lid |  |  |
| 2. Choose spoon (tsp, tbsp, fork) |  |  |
| 3. Spoon control – loading suitable amount |  |  |
| 4. Know when pot is empty |  |  |

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| **Skill D: Cold Drinks**  **Bottle**   1. Can you open the bottle? 2. Can you pour the water into this glass 3. How can you tell if you have put enough/too much water in the glass? 4. Can you drink from the glass?   **Carton**   1. Can you locate the silver disc? 2. Can you find the sharp end of the straw? 3. Can you insert the straw? 4. Can you drink through the straw?   **Refill**   1. Can you refill the bottle with cold water? |

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| **Preparing food** | | |
| **Skill D : Cold Drinks** | | |
| Comments | | |
| 1. Ready made drinks   * Opening a screw top bottle * Inserting a straw into a carton |  |  |
| 2. Pouring and quantity   * Into a glass * Gauging quantity |  |  |
| 3. Drinking   * From a glass * Through a straw |  |  |
| 4. Refilling the water bottle   * Turn on cold drinking water tap and control the flow * Add water to bottle * Gauge when bottle full * Turn off tap |  |  |

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| **Kitchen and Table management**  **Skill E: Washing up**  We are going to wash up. Choose from the things in front of you what you will need. (*bowl, washing up liquid, dishcloth, scourer, duster washing up brush, toothbrush, bar of soap)*  1a. How do you tell which tap gives hot water and which gives cold water?  1b. Can you show me which tap is which?  2. Which water are you going to put in first?  3. How will you know when you have added enough hot water?  4. Please can you wash up the equipment used in making our jam sandwich? |

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| **Skill E** *(link with skill D)* **: Washing up** | | |
| Comments | | |
| 1. Taps   * Know the difference between hot and cold taps * Identify hot and cold taps |  |  |
| 2. Mixing water temperature   * When filling a sink or bowl, know how to locate and use the plug * Know the safe method for mixing hot and cold water |  |  |
| 3. Hot Water   * Know how to turn on hot water and adjust the flow * Know that hot water from the tap may scald and not to use without mixing with cold * Know how to check when water is at a suitable hand-hot temperature without hand being under hot tap * Know how and when to turn hot water off |  |  |
| 4. Washing up   * Knowing when items are clean |  |  |

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| **Skill F - Laying the table**  1. Can you tell me what’s in the box?  2a. Imagine you were at home, where would you find them?  2b. What might we do with them? Could you set them out on the table for me?  3. When you have finished eating, in what position would you leave the knife and fork?  4. Can you now lay the table as if we were having a meal together? |

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| **Skill F : Table Laying** | | |
| Comments | | |
| 1. Identify   * Mat * Knife * Fork * Spoons (tspn, tblspn) * Cup / glass |  |  |
| 2. Correct layout   * Mat * Knife * Fork * Spoons * Cup / glass |  |
| 3. Correct position of cutlery when finished eating |  |
| 4. How to put the table ready for two people to have a meal |  |

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| **Shopping**  **Skill G: Money**   1. Can you tell me the value of these coins? 2. Can you tell me the value of these notes? 3. Using the notes and coins can you make £5.55, £10.71, £1.87?   4a. From your £1.87 can you come and buy something from me? (*provide selection of items priced over and under £1)*  4b. If you only had a £2 coin with which to buy a 50p item, how much change would you get? |

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| **Skill G : Money** | | |
| Comments | | |
| 1. Coin recognition   * Penny * 2 pence * 5 pence * 10 pence * 20 pence * 50 pence * £1 coin * £2 coin |  |  |
| 2. Note recognition   * £5 note * £10 * £20 |  |  |
| 3. Money combinations   * £1.27 * £5.55 * £10.71 |  |  |
| 4. Change translation   * When to expect change * Checking change received |  |  |

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| **Skill H: Dressing**  1a. Show me how you undo the zip  1b. Show me how to do the zip back up again  2. Show me how you undo and do up the buttons  3a. Can you tie these laces in a single knot?  3b. Show me how you would do the laces up in a bow.  4. Can you put this jumper on, and tell me how you knew how to put it on correctly? (*label to the back, logo to the front, lie it face down, sleeves near the top, front fastenings face down, v neck face down)* |

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| **Skill H : Dressing** | | |
| Comments | | |
| 1. Zips   * Locate start of zip * Connect ends * Hold and pull (2 hands) * Hold and pull down to unzip * Release ends |  |  |
| 2. Buttons   * Locate buttons * Locate button holes * Match buttons and holes * Do up |  |  |
| 3. Laces   * Locate ends of laces * Tie in knot * Form bows * Secure (pulling action) |  |  |
| 4. Jumper orientation   * Locate front of jumper and lay flat * Locate waist opening * Pull jumper over head * Insert arms into arm holes |  |  |

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| **Skill I: Organisation of belongings**   1. Can you name each of these items and tell me what they are used for? 2. Can you organise the items into a pencil case? 3. Year 6 – you have Numeracy, Literacy and PE today. Select what you would need (*pencil case, stationery items etc, PE kit, lit num exercise books)*   Year 7 and 8 – from this timetable can you decide what lessons you have on Wednesday, and choose what you will need. *Maths (calculator), after school recorder lesson (music, recorder), PE (kit), English (pencil case), Food Tech (Apron)*   1. Pack the things into the rucksack |

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| **Skill I : Organisation of belongings** | | |
| Comments | | |
| 1. Identification and purpose   * Ruler * Pen * Pencil * Rubber * Pencil sharpener * Coloured pencils * Calculator * Protractor * Compass |  |  |
| 2. Organise the pencil case |  |  |
| 3. Yr 6 – choose correct items from selection  Yrs 7 & 8 – interpret the timetable |  |  |
| 4. Pack the rucksack |  |  |

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| **Glasses - J**  1**. Location -** Where do you use your glasses and where do you keep them so they are available when you want them?  2. **Storage -** How do you make sure they do not get scratched?  3. **Cleaning** - How do you know if they need cleaning and what would you clean them with?  4. **Demo** – please can you show me how you would clean them? |

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| **Skill J : Glasses** | | |
| Comments | | |
| 1. Glasses readily available |  |  |
| 2. Identify when glasses need cleaning |  |  |
| 3. Obtaining correct equipment |  |  |
| 4. Physically cleaning glasses |  |  |

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| **LVAs - K**  1**. Location -** Where do you use your LVAs (*give me 2 examples )* and where do you keep them so that they are available when you want them?  2. S**torage -** How do you make sure they do not get scratched?  3. C**leaning** How do you know if they need cleaning and what would you clean them with?  4. **Demo** – please can you show me how you would clean them? |

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| **Skill K : LVAs** | | |
| Comments | | |
| 1. Availability |  |  |
| 2. Clean and fit for use |  |  |
| 3. Correct knowledge of use |  |  |
| 4. Storage |  |  |

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| Notes |