

Activity	Life skills		
Key:	Due the various abilities of our children we have graded some of the activities into different levels. Your child may access different levels depending on the activity as well as their ability.	Contact details:	schools@cdssgroup.org.uk
Seeds		All Education Advocates access this email. Sarah Larkin (Cheshire West) Becky Harris (Cheshire West) Yvonne Edwardson (Cheshire East)	
Saplings			
Trees			

Brief description of Activity

Various activities to help support independence skills around the home

Resources needed

Resources attached

Activity: Seeds

Can you make your own bed?

Use the sequence cards to show your child how to make their own bed. This may be as simple as making the bed tidy each morning or you can help your child to remove the covers and replace with clean bedding



Activity: Saplings



Can you make a sandwich?

Use the template attached to make a jam sandwich. Cut out the pictures and stick the wording in the correct sequence.

Activity: Trees

Use the worksheet to decide where each food item needs to be stored. Does it need to be in the fridge, freezer or cupboard.
You can do this after shopping by asking your child to help you put away the food order. Some foods are stored in the cupboard until they are opened then they need to go in the fridge.
Look at best before and use by dates. How long can you keep items before they need to be thrown away?
The worksheet also has photographs of kitchen items and utensils.
Look at all the items in your kitchen, what are they called and what are they used for?



Attachments:

Making your bed sequence
Making a jam sandwich
Life skill worksheet

Cheshire Downs Syndrome Support Group

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