

LIFE SKILLS

	Age 4-6	Age 7-9	Age 9 +
Safety and First Aid Skills	Know own full name, address and a phone number to reach you	Remind your family of the Green Cross Code for crossing the road on your next daily exercise.	Learn how to test a fire alarm and change the batteries.
	How to make an emergency call	Use your First Aid training skills learnt in Year 3 and practise what you would do to clean and treat a cut. What would you do if someone had a nose bleed? Why don't you role play with a sibling or adult in your household.	How to apply a bandage.
	Know how to wash your hands correctly	Confidently discuss the importance of keeping fit.	Learn how to put someone in the recovery position.
	Clean a graze and put on a plaster		

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Games	Play Hide and Seek	Play the memory game – you can use a pack of cards or items in your house to test your memory.	Play a card game – your parents will know lots but my personal favourites are 21 or go fish!
	Play “Sardines” – this is a variant of Hide and Seek. Only one person hides and the others must find them, hiding with them when they do so. The hiding places become progressively more cramped, like sardines in a tin. The last person to find the hiding group is the loser, and becomes the hider for the next round.	Make and play a game of Guess Who with someone in your household. Think about what characteristics and features you are going to include.	Do a jigsaw puzzle or make your own from a cut up magazine or drawing.
	Practice your phonic sounds and play “I Spy”	Choose a board game to play as a family, such as Monopoly.	Create a treasure hunt with clues.
	Play Rock, Paper, Scissors	Teach your family a games of heads down thumbs up	Make an obstacle course.
	Play Ring, a ring, a roses	Play “noughts and crosses”	Draw and play hopscotch.
	Play snakes and ladders (Printable board attached)		

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Other Skills	Helping to do the dusting	Keep your room tidy for a whole week. Ask an adult to inspect the room as if you are on a school trip.	Helping to clean the house – vacuuming, wiping counter tops, doing the washing up etc.
	Helping to clear the table after meals	Make your bed (putting on a sheet, pillow cases and duvet cases) this will be very important for Stone Farm and Avon Tyrell.	Learn how to wash clothes: what colours you cannot wash together, how much detergent is needed etc.
	Feed pets	Lay the table for your next family meal – can you make it feel like you are going out for dinner – perhaps you could play waiter for them.	Folding up and putting away clean clothes.
	Brush own teeth, comb own hair and wash own face without help	Create a den in your house or garden that can fit two people in. Ask permission to use items to create the den, especially if you are making one outside	Making your bed (putting on a sheet, pillow cases and duvet cases) this will be very important for Avon Tyrell.
	Put your own clean clothes away.	Plan and pack a rucksack for a day in your den. What items will you need? Make and pack your own sandwiches for your day.	Sewing a seam and a button – if you're confident and want a challenge, could you use these skills to make a small purse?
	Get into the habit of putting dirty clothes in the laundry bin	Make your family a healthy salad or fruit salad. Practise your cutting grip when chopping the fruit or vegetables. Only do this when supervised by an adult.	Keeping your room tidy.
	Choose your own clothes to wear and lay them out for the morning.	Complete a bird watching log from your bedroom window or garden https://www.rspb.org.uk/fun-and-learning/families/family-wild-challenge/activities/go-birdwatching/	Learn a simple recipe for a meal and help prepare it.
	Make your own bed, make sure everything is neat and straight.	Learn how to tie your shoelaces – if you've mastered this, can you learn how to tie and untie different knots?	Learn how to tie your shoelaces – if you've mastered this can you learn how to tie and untie different knots?

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Other Skills	Practice cutting skills (PDF Workbook attached) Try straight lines, curvy lines or cutting around shapes	Learn how to whistle – if you’ve mastered this, can you learn a tune of your choice?	How to wrap a present.
	Help in the kitchen – stir the ingredients for you, help to weigh out amounts. Maybe make a no-Cook recipe together	Use an OS Map if there is one available in your house or Google Maps or Digi Maps to plan a new walking route for your family from your house. Can you discover any new public footpaths to take your family along?	Help write a list for the weekly shopping. Think about what food you will need to order to make specific meals and also which essentials you might need (eg: toilet paper, shampoo, soap, toothpaste etc.). Ask your parents to set you a budget and try to stay within that budget – are some supermarkets cheaper than others?
	Help to water plants around the home or garden.	Grow a plant from a seed, transferring it into a bigger pot or the garden soil when it gets bigger. Research what plants need to grow. You could even use some seeds from fruits and vegetables you have in your fridge, such as tomatoes (remember to ask an adult before using).	Learn how to tend a garden: weeding, planting flowers etc.
	Begin learning some simple flower names.	Begin learning the name of different trees.	Identify common plants and trees based on petals, roots and leaves.
	Know the four compass directions and use directional language such as “in front”, “next to”, “nearby”.	Read and navigate a simple map and use a simple key.	Read a more complex map and begin to understand Ordnance Survey symbols.

LIFE SKILLS

Write a letter / postcard to a friend or family member. Practise writing out their address on the envelope and adding a stamp.	Post a letter to a friend or family member. You will then need to find your nearest post box to post the letter to them – look when post will be collected.	Make a link with a pen pal and sent hand written letters back and forth.
Learn about how buses take people on different journeys.	Travel on a bus with an adult, remember to be polite to the driver and when to press the button.	How to read a bus/train timetable and plan a journey.
Learn how to ride a bike with stabilisers.	Read up on cycle safety and how to be safe when riding your bike.	Learn how to ride a bike.
Make a paper hat or a paper boat.	Make a paper plane – experiment with difference designs.	Make a kite figure out what the best design would be and why.