



WELCOME TO YOUR KS1 LIFE SKILLS CHALLENGE!

Here is your guide to being awesome in more ways than one. Who knows when you might need to use these skills at some point in your life; plus knowing these makes life easy - for you and your parents! Complete each of the tasks and bring your completed tick sheet back into school when we see you again. Good luck!

General:

- Sweep and mop the kitchen floor
- Tidy my bedroom
- Read someone a bed time story
- Tie your shoe laces
- Know how to call the emergency services
- Learn a phrase in a different language
- Clean your shoes/boots
- Learn my date of birth
- Do something nice for somebody
- Charge your device ready for home learning
- Water the plants
- Throw and catch a ball
- Learn a card game
- Learn a new song

Laundry:

- Take the recycling out and put it in the correct bin
- Put your coat away
- Do the washing up
- Learn how to use a washing machine
- Put your toys away
- Make your bed each morning
- Fold and put away your own clothes, including trousers and tops
- Put my dirty clothes in the basket
- Learn to correctly stack and use the dishwasher
- Hang up the washing
- Sort your clothes out and take any that don't fit or you don't wear anymore to a clothes bank

Kitchen:

- Make a sandwich
- Take your own plate to the sink
- Make my own breakfast
- Make a smoothie
- Make your own drink
- Make my own lunch
- Make a snack for someone at home

Life skills:

- Address and send a letter
- Locate yourself on a map
- Use a compass
- Learn your address and post code
- Learn your parent/carers phone number off by heart