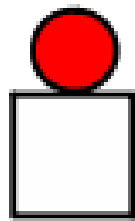




Hands



on

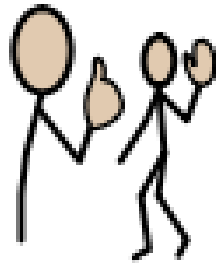


at



Home

Hello everyone.



At this time it's important to stay safe.

We have been at home more than usual.

Here are some activities and skills to try in your homes.

Some might be new. Some might be familiar

Sometimes you may need to use equipment with an adult helping you to stay safe

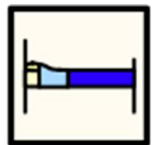
Try to do a few tasks each day

Get some pictures of you doing the tasks

When you complete a slide, tick the chart

Good luck and enjoy trying out new skills

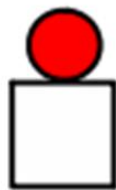




Bedroom



Hands



on



at



Home



Bathroom



Home



communication



home



safety



Home Help



skills



Pet



care



Garage



Shed

or



Kitchen



cook



Garden



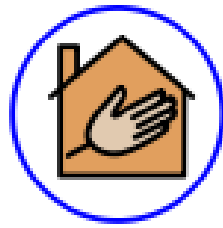
Living room



kitchen



Cleaner



Home Help



skills

Clean the inside and outside of some windows

Clean a pair of shoes

Learn to use the Hoover and vacuum a room

Sew on a button or practice repairing a rip or tear

make an emergency escape plan for your home.

Find the house smoke and heat detectors. How would you check they're working and change their batteries?



Kitchen

cook

Create a poster showing the basic rules of safety and hygiene in the kitchen.

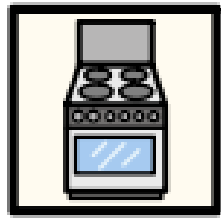
Describe at least 3 different ways of preparing food

Describe at least 4 ways of cooking food

Make a poster showing what the major food groups are.

Plan, cook, serve and clear away a two-course meal for at least two people.

You should prepare and cook vegetables as part of the menu. Remember, an adult must supervise you for this step. Talk to the people you're cooking for about the menu, and if they have any allergies, cultural or dietary requirements.



kitchen Cleaner

Wiping down counter and tables

Set and clear a table for a meal

Load and unload a dishwasher

Wash up after a meal

Dry the dishes

Empty the bins

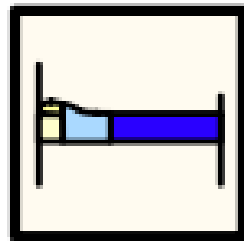
Sort the recycling

Make a sign which explains recycling - paper, plastics, card metal, and compost



Bathroom

- Change the toilet roll
- Clean the sink and taps
- Clean a bath or shower
- Clean your teeth twice a day
- Create a poster to show how to wash your hands
- Clean the cup for storing the toothbrushes and toothpaste
- Wash once a day
- Practice towel drying yourself and your hair



Bedroom

Organise drawers and wardrobes

EG. pair socks, fold clothes

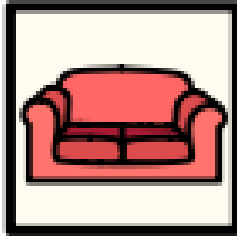
Take sheets, pillow covers and the duvet cover off a bed and help to put clean ones on.

Make your own bed for a week or more.

Polish the furniture such as desk, drawers or mirror

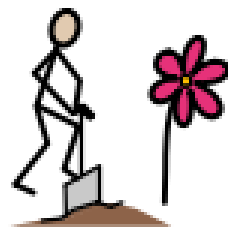
Put away any toys or games you're not currently using.

Take before and after picture of an untidy and tidy room



Living room

- Hoover the floor and seats.
- Take out the cushions and hoover behind them
- Dust the television and entertainment areas
- Tidy and arrange any games or dvds with the names facing out
- Find a box to store controllers for the TV and consoles.
- Practice folding and unfolding a blanket
- Use polish to wipe down any tables or surfaces



Garden

Learn what tools you need to garden (a minimum of three) and show that you know how to use them safely, wearing gloves.

complete garden tasks such as weeding, Watering plants, Dead heading plants

Pruning a plant, Raking up clippings

Find out what seasons are best to grow a selection of six fruits and vegetables.

Help to look after and grow at least one item in a garden or allotment for a month.

Alternatively, grow a fruit, vegetable or herbs indoors or in plant pots.

You could grow: herbs such as basil or mint, vegetables such as lettuce or runner beans or fruits such as tomatoes or strawberries

Design plant labels for the plants you are looking after or growing.

Understand what mini beasts are and why they are good for our gardens and outdoor spaces.

Design or build a bug hotel and record what you might find living there



Garage or Shed

**Use a bicycle, which is the right size for you, with a cycle helmet.
Show you can clean and oil a bicycle.
Show how to pump up the tyres and
Show how to mend a puncture.**

**Explain why you must lock up a bicycle when you leave it unattended.
Make a poster or presentation to promote safety to cyclists.**

Include the following points

- 1. Road safety skills**
- 2. use of lights and reflective clothing.**
- 3. Off-road safety**
- 4. Keeping your bike in good condition**



Garage

or

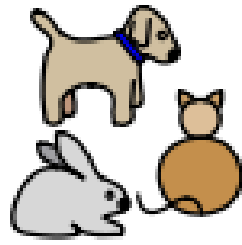


Shed

Help design and make something useful.
An adult needs to supervise you.

Show that you're able to:

- measure accurately
- saw
- join pieces of wood together in two different ways
- use a hammer, screwdriver and drill
- prepare surfaces and stain, varnish or paint



Pet



care

Take care of an animal for four weeks.

Photograph giving it the correct foods, and log it's common traits and habits.

Show how to groom, clean and exercise your animal.

Create a presentation, poster or collage what you need to do and be aware of when deciding to own a pet.



Home communication

Get someone to give you directions or instructions to do something.

Check that you have understood. Then follow the directions or instructions.

Get someone you know to give you a call.

Write down what they say, making sure that you have all the main details.

Show you can send emails and text messages.

You could also show how to use a mobile phone or a tablet to send a message to someone.

Ring a friend or relative and talk to them for two minutes about your life, school or hobbies,

Or Email a friend or relative and give them some news about your life, school or hobbies



home



safety

Find out what to do about a burst water pipe, gas leak, broadband or electricity power failure in your home.

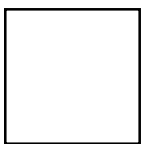
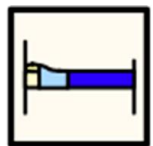
Identify the common causes of accidents in the home.

make an emergency escape plan for your home.

Find the house smoke and heat detectors. How would you check they're working and change their batteries?

Find out how to protect your home from crime.

Make a list of useful emergency numbers.



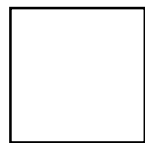
Bedroom



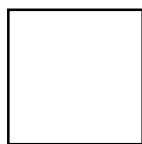
home safety



Bathroom



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Living room



Kitchen cook



Pet care



Garage or Shed



kitchen Cleaner



Garden



Home Help skills

