Hi everyone this week I would you all to practice your life skills and help around the house, these are skills which we need to help us become independent. I know lots of you have done the following tasks in our work related learning. (work experience)

Have fun doing them and if possible have a photo taken of you completing a job and email it to me Nichola.fletcher@themeadows.sandwell.sch.uk

* Put clean [clothes](https://www.busykidshappymom.org/organizing-clothes-and-encouraging/) away neatly
* Leave bathroom clean after use
* Clean toilet
* Feed and water pets
* Dust low shelves and objects
* Empty bathroom bin
* Learn to roller skate
* Learn to jump rope
* Learn to ride a bike
* [Organize](https://www.busykidshappymom.org/organizing-clothes-and-encouraging/) own drawers and wardrobe
* Empty dishwasher and put dishes away
* Wash and dry dishes by hand
* Straighten living and family rooms
* Help put groceries away
* Make a sandwich and toast
* Pour milk into cereal
* Clean mirrors
* Clean windows
* Empty kitchen bin
* Use a vacuum cleaner
* Use a broom and dustpan
* Learn basic food groups and good nutrition habits
* Cook canned soup
* Be familiar with cooking, measuring tools and their uses
* Water outside plants, flowers and garden
* Weed flower beds and vegetable garden
* Strip bed sheets
* Sort clothes for washing by colour and fabric and check pockets
* Straighten book and toy shelves
* Remake own bed with clean sheets
* Clean interior of car
* Vacuum furniture (ie., chairs and couches), especially under cushions
* Mop floor
* Peel carrots and potatoes