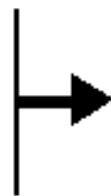




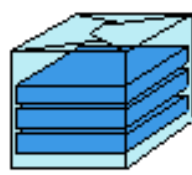
Learning



From



Home



Pack



Name _____



Learning



Objectives

1 →



1) To understand how to look after your own personal well being whilst away from college and complete jobs to



look after



yourself.

2 →



2) To celebrate the good things in life and what we have in common with others



in Britain



Valley College

Preparation for

Adulthood

Citizenship and

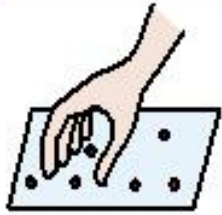
Employability



Aspirations



Passport



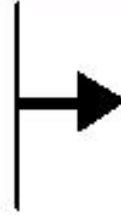
Choose



your



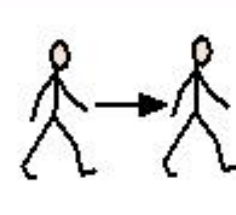
name



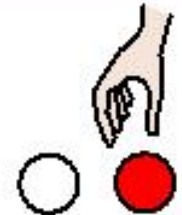
from



the



following



options.



Salmaan



Connor



Shoiab



Amber



Daniyaal



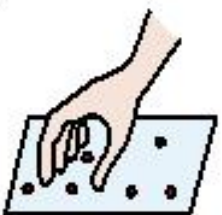
Caspar



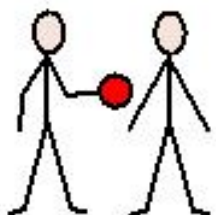
Laura



Kit



Choose



your

address



Connor



Salmaan



Amber



Shoiab



Caspar



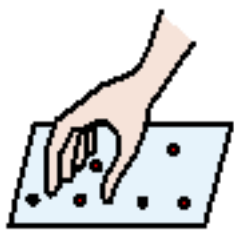
Daniyaal



Laura



Kit



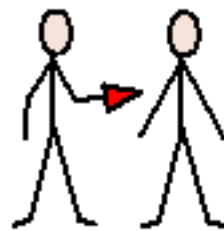
Choose



what



month



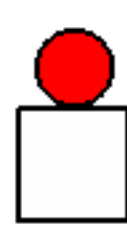
you



were



born



on



January



February



March



April



May



June



July



August



September



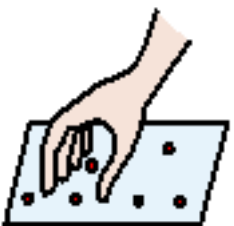
October



November



December



Choose



your favourite



sport



Football



Cricket



Tennis



Golf



Swimming



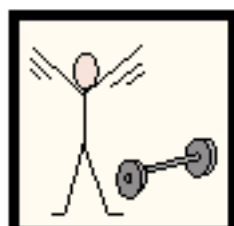
Running



Hockey



Cycling



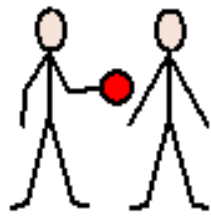
Gym



Badminton



is



What is your favourite food?



Burger



Chips



Fish



Spaghetti



Curry



Pizza



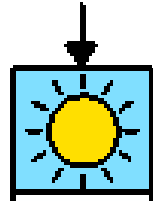
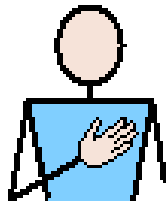
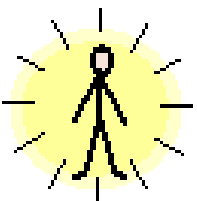
Pie



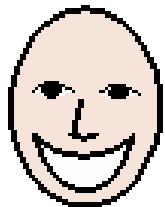
Soup



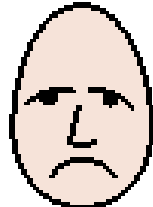
Cheese



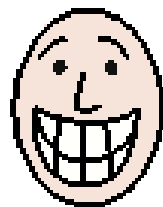
How are you feeling today?



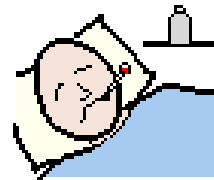
Happy



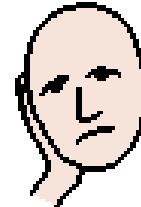
Sad



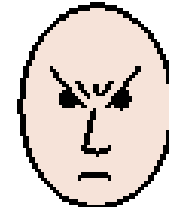
Excited



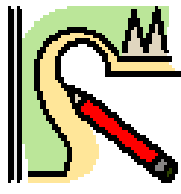
Poorly



Bored



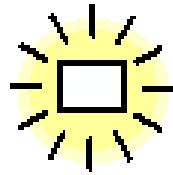
Angry



Design



a



Brand new



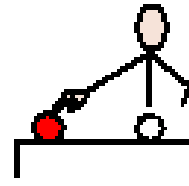
Pair



of



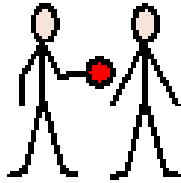
boots



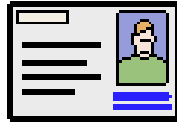
that



reflect

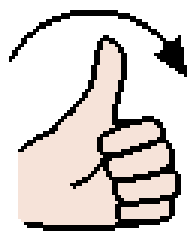


your own

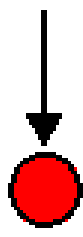


identity

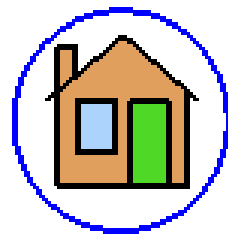




Skills



at



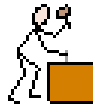
Home



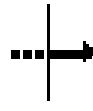
Complete



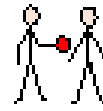
each



task



to continue



your



independent



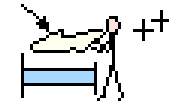
life skills



using



the



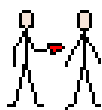
sheets



Provided



If



you



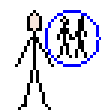
struggle



ask



a



family member

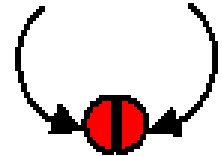


for



help.

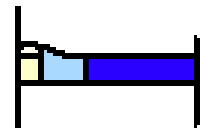
1



Make



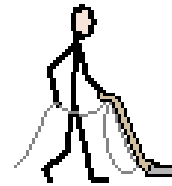
a



bed

1)

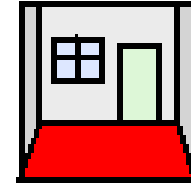
4



Hoover



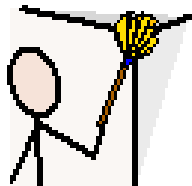
the



floor

4)

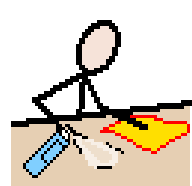
2



Dust



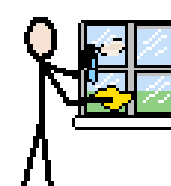
and



Polish

2)

5



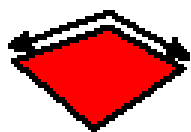
5) Clean the Window



a

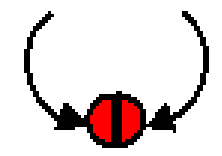


dirty



area

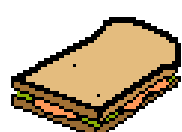
3



Make



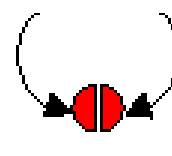
a



sandwich

3)

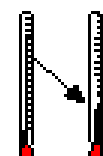
6



Make



a



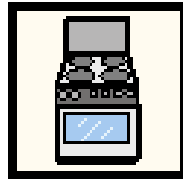
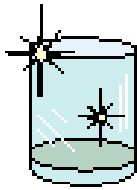
cold



drink

6)

7



7)

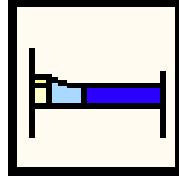
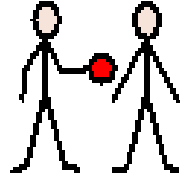
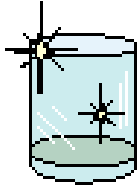
Help

clean

the

kitchen

8



8)

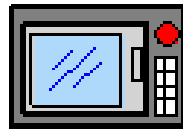
Help

clean

your

bedroom

9



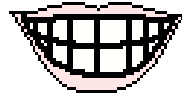
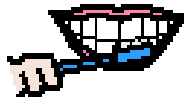
9)

Use

the

Microwave

10



10)

Brushing

Teeth

11



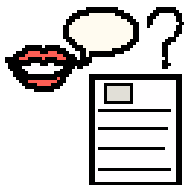
11)

Washing

Hands

Properly

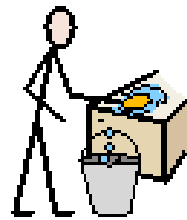
12



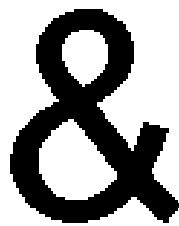
12)

Applying

deodorant



Cleaning



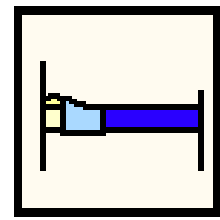
and



tidying



the



Bedroom



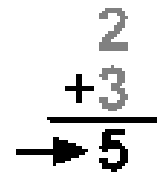
Tick



the



right



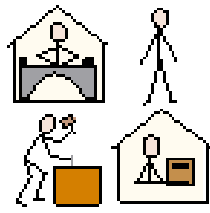
answer

1

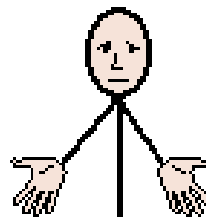


1)

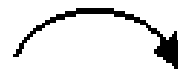
What



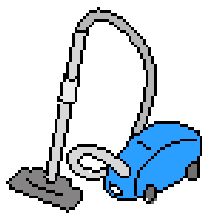
job



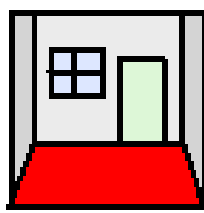
needs



doing?



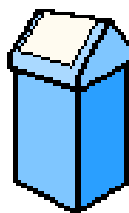
Vacuum



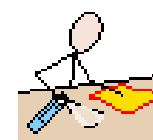
Floor



Empty



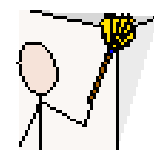
Bin



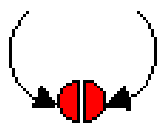
Polish



and



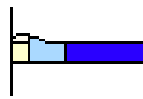
Dusting



Making



the



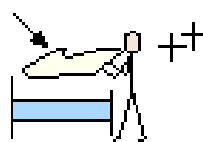
Bed



Washing



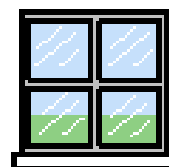
the



Sheets

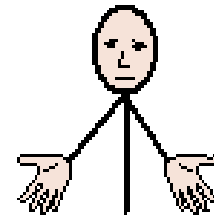
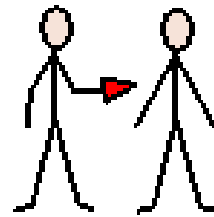
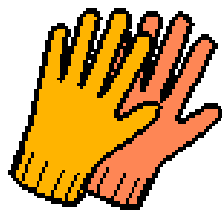


Washing



Windows

2



2)

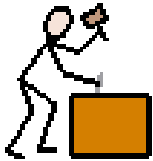
What

PPE

do

you

need?



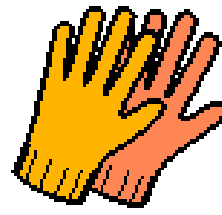
Work



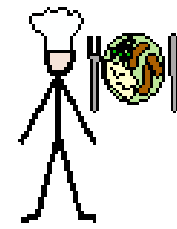
boots



Apron



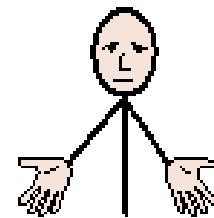
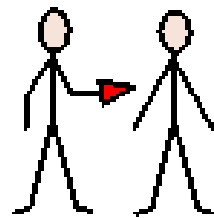
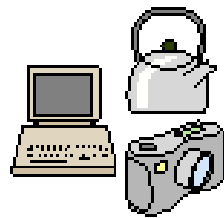
Gloves



Chef's

Hat

3



3)

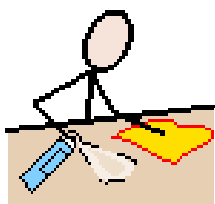
What

equipment

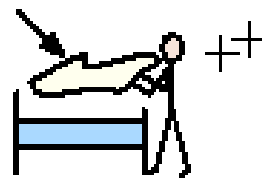
do

you

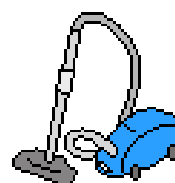
need?



Polish



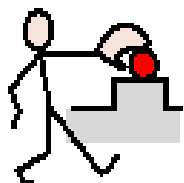
Sheets



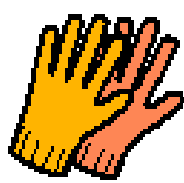
Hoover



Duster



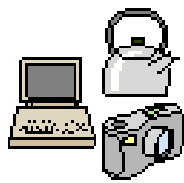
Get



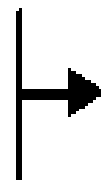
PPE



and



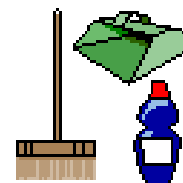
equipment



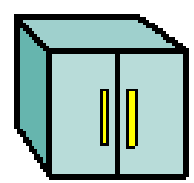
from



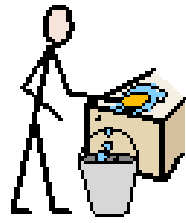
the



cleaning



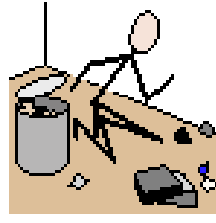
cupboard



Cleaning

&

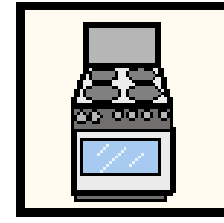
and



tidying



the



Kitchen



Tick



the



right

$$\begin{array}{r} 2 \\ +3 \\ \hline \rightarrow 5 \end{array}$$

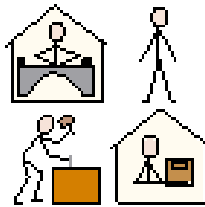
answer

1

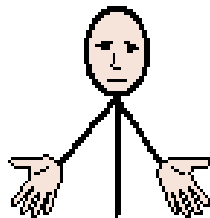


1)

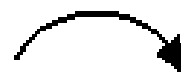
What



job



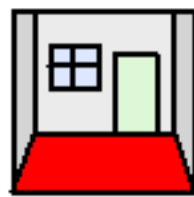
needs



doing?



Vacuum



Floor



Empty



Bin



Wash



the



++

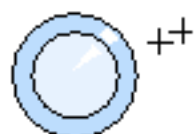
Pots



Dry



the



Pots



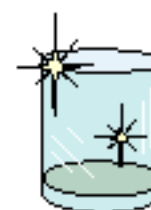
Wipe



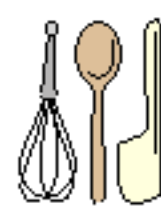
Down



Surfaces



Clean



Utensils

2 ? PPE do you need?

 Work	 boots	 Apron	 Gloves	 Chef's Hat
---	--	--	---	---

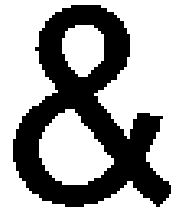
3 ? equipment do you need?

 Wipes	 Scrubbing	 Brush	 Hoover	 Towel
--	--	--	---	--

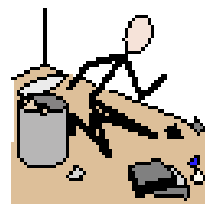
Get PPE & equipment from the cleaning cupboard



Cleaning



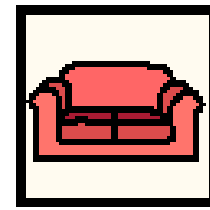
and



tidying



the



Living Room



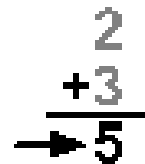
Tick



the

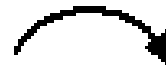
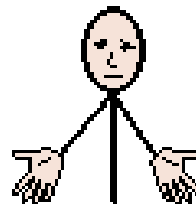
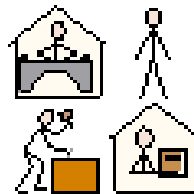


right



answer

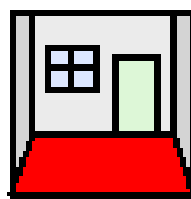
1



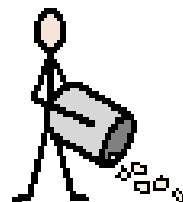
1) What job needs doing?



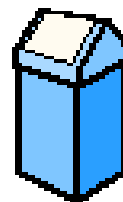
Vacuum



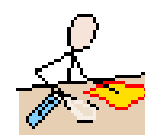
Floor



Empty



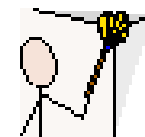
Bin



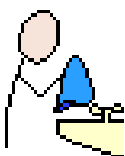
Polish



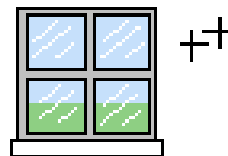
and



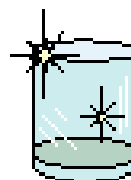
Dusting



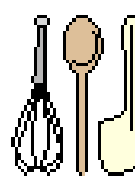
Washing



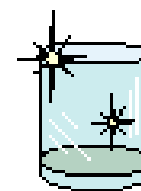
Windows



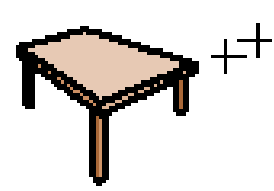
Clean



Utensils

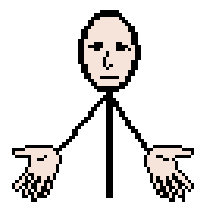
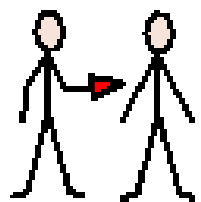
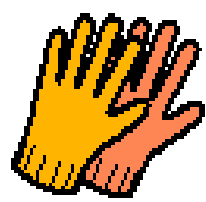


Clean



Tables

2



2)

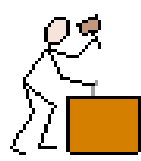
What

PPE

do

you

need?



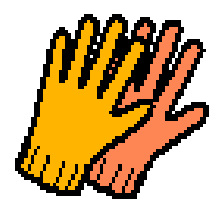
Work



boots



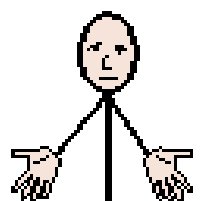
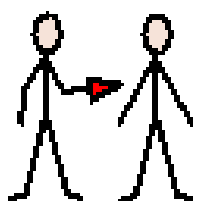
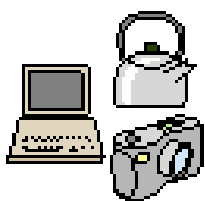
Apron



Gloves

Chef's Hat

3



3)

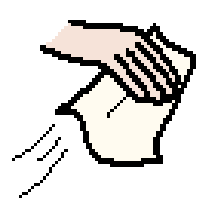
What

equipment

do

you

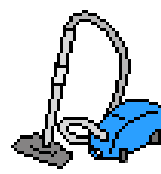
need?



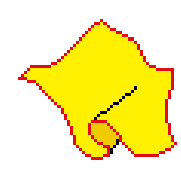
Wipes



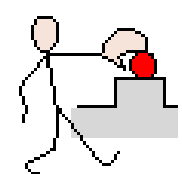
Spray



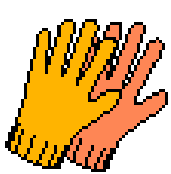
Hoover



Duster



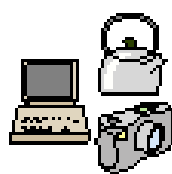
Get



PPE



and



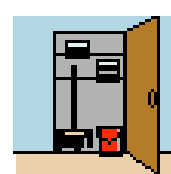
equipment



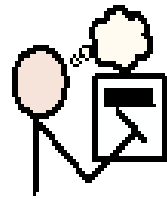
from



the



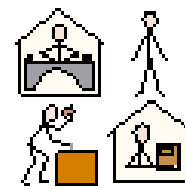
cleaning cupboard



Preparation



for



Work Experience



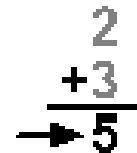
Tick



the



right



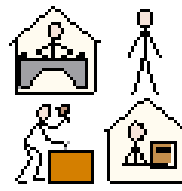
answer

1

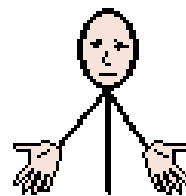


1)

What



job



needs



doing?



Brushing



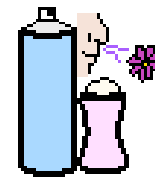
Teeth



Washing



Hands



Applying

Deodorant



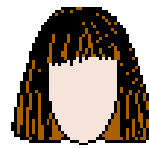
Washing



Face



Putting



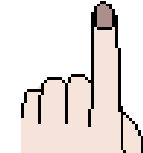
Hair



Up



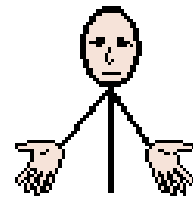
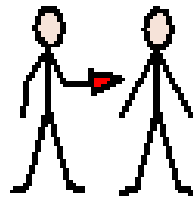
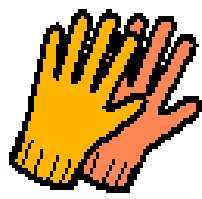
Cleaning



Nails



2



2)

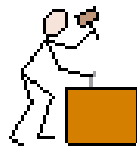
What

PPE

do

you

need?



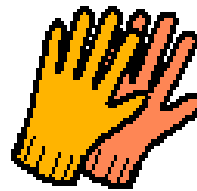
Work



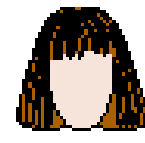
boots



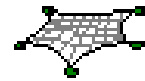
Apron



Gloves

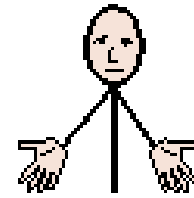
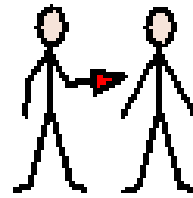
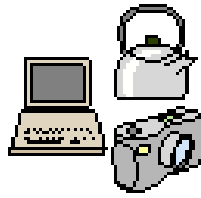


Hair



Net

3



3)

What

equipment

do

you

need?



Toothbrush



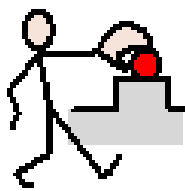
Toothpaste



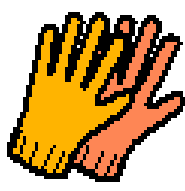
Roll on Deodorant



Soap



Get



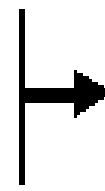
PPE



and



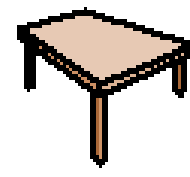
toiletries



from



the



table