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| **Count out how many cups or plates are needed to set the table at your home.** | **Read or listen to a story with an adult and then talk about what happened in it.** | **Go on a shape hunt around your home or in the community.** | **Pay for items in a shop or café, making sure that you wait for any change.** |
| **Order/request something in a café or over the phone.** | **Help to tidy a room or area in your home.** | **Put your clothes away into your wardrobe and drawers after they have been washed and dried.** | **Show that you can care for a living thing in your home, such as a pet or a plant.** |
| **Go for a walk outside.** | **Complete a kids yoga session by following a video on YouTube.** | **Find a quiet and comfortable space to sit and listen to some music when you are feeling stressed, angry, or sad.** | **Organise yourself for a bath or shower. Get your towel, clothes and toiletries ready.** |
| **Play a ball game or board game with your family.** | **Do something kind for someone in your family such as making them a card or picking a flower to give to them.** | **Help a family member or friend with a job.** | **Help to sort the washing and then put a wash on in your home.** |
| **Make a snack or drink without any help from adults at home.** | **Follow a shopping list to do the weekly shopping with help from an adult.** | **Show that you can be safe around cars whilst out in the community with an adult.** | **Choose clothes you want to wear and get dressed into them by yourself.** |