

Life Skills Grid



EYFS and KSI

Below are some activities to support your child in developing their life skills.

Independence		
Practise getting changed independently and hanging/folding your clothes.	Write and post a letter to someone.	Talk about emotions and how characters in pictures/books may be feeling and why.
Safety		
Talk about the hazards around the home - electrical appliances, fire safety, medicines and household products - and how to keep yourself safe.	Learn your address and how to get help if you needed it e.g. an accident or if someone is unwell.	Use scissors safely.
Responsibility		
Learn about personal hygiene.	Learn about litter and recycling.	Talk about what is good and bad in the local area and how it could be improved.
Citizenship		
Know which country you live in.	Learn about some important people e.g. the Queen	Know that charity exists.
Budgeting		
Learn about different coins/money.	Learn that money can be spent or saved.	Learn that money is a limited resource.
Cooking and Nutrition		
Try foods from different countries.	Prepare and make a simple meal with an adult.	Know where food comes from and plant/grow your own foods.

Life Skills Grid



KS2

Below are some activities to support your child in developing their life skills.

Independence		
Be responsible for your own belongings and equipment.	Create a timetable or 'to do' list to help you organise your day.	Learn about a new sport or hobby.
Safety		
Talk about the hazards around the home - electrical appliances, fire safety, medicines and household products, road safety, water safety - and how to keep yourself safe.	Learn your address and how to get help if you needed it e.g. an accident or if someone is unwell.	Learn about firework safety.
Responsibility		
Help an adult to improve the home in some way - chores or planting seeds in the garden.	Create a poster to promote a place in your local area.	Create a poster promoting how to be safe online.
Citizenship		
Understand ways of raising money for charity.	Use an OS map to learn about the local area.	Interview members of your family and be interviewed by members of your family.
Budgeting		
Understand different ways to pay for things, e.g. money, debit cards, credit cards.	Understand that money which is borrowed has to be paid back.	Learn about different careers, qualifications
Cooking and Nutrition		
Learn how to chop and peel ingredients safely.	Prepare and make a simple meal with an adult.	Explain and research the ethics around food (fair trade, organic, animal testing etc.)

