



Home



Learning



Life Skills



Tidying



up



your



plate

1



Pick up



your



plate.

2



Walk



to



the



sink.

3



Put



your



plate



in



the



sink.



Finished.



Well Done.



Home



Learning



Life



Skills



Washing up



your



plate

1



Put



your



plate



in



the



sink.

2



Get



a



sponge.

3



Turn



the



tap



on.

4



Squeeze



a



drop



of



washing up liquid



on



the



sponge.

5



Move



sponge



around



plate.

6



Hold



plate



under



water.

7



Turn



the



tap



off.

8



Put



your



plate



on



the



rack



to



dry.



Finished.



Well Done.



Home



Learning



Life Skills



Drying



your



plate

1



Get



wet



plate.

2



Get



towel.

3



Put



towel



on



plate.

4



Move



towel



around



plate.

5



Put



plate



away.



Finished.



Well Done.



Home



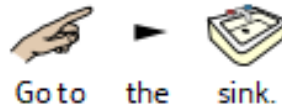
Learning



Life Skills

Washing and drying your face

1



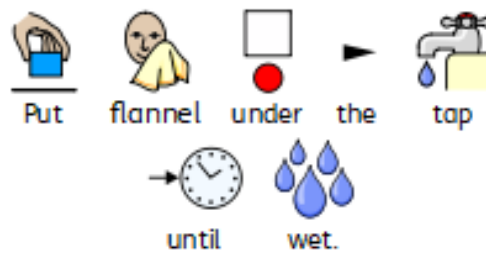
Go to the sink.

2



Turn the tap on.

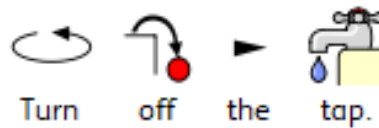
3



Put flannel under the tap

until wet.

4



Turn off the tap.

5



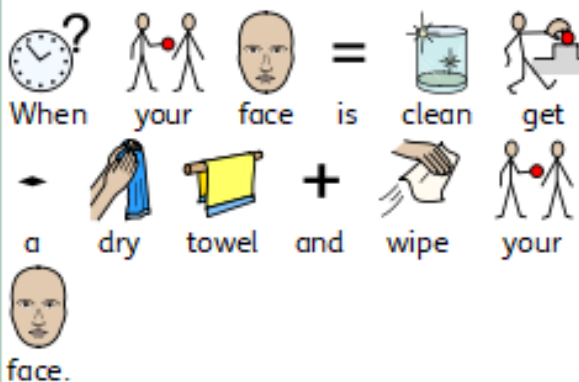
Squeeze the flannel over the sink.

6



Clean your face with the flannel.

7



When your face is clean get

a dry towel and wipe your

face.



Finished.



Well Done.



Home



Learning



Life Skills



+



Washing and drying your hands

1



Go to the sink.

2



Turn the tap on.

3



Put water on your hands.

4



Put soap on your hands.

5



Rub your hands together.

6



Wash the soap off your hands.

7



Turn off the tap.

8



Get a towel.

9



Dry your hands with a towel.



Finished.



Well Done.



Home



Learning



Life Skills



Brushing your teeth

1



Get your toothbrush.

2



Put toothpaste on your toothbrush.

3



Turn the tap on.

4

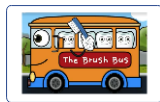
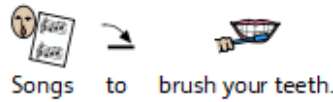


Put your toothbrush under the tap.

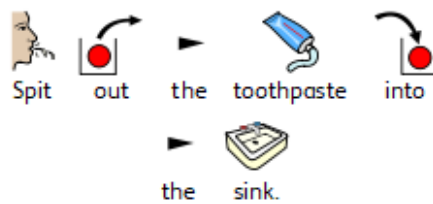
5



Brush your teeth for 2 minutes.



6



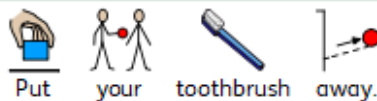
Spit out the toothpaste into the sink.

7



Rinse your toothbrush then turn off the tap.

8



Put your toothbrush away.



Finished. Well Done.



Home



Learning



Life Skills



Making a cheese sandwich

1



Get

2



slices of bread.

2



Use



a knife



safely



with



an



adult



to spread



the butter.

3



Use



the knife



safely



with



an



adult



to cut



the cheese.

4



Put



cheese



on



1



side of



of



the bread.

5



Put



the other



slice of bread



on top.

6



Use



the knife



safely



with



an



adult



to cut



the bread



in



half.



Finished.



Well Done.