











    
Independence activities of the week

  
Cooking

      
I can remember to wash my hands before cooking

       
I can use cooking equipment with support







     
I can follow simple instructions








       
I can keep myself safe in the kitchen







  
 Independence activities of the week



  
 Cooking







  
 I can taste different foods and communicate if








  
 I like it or dislike it and which is my favourite




  
 I can explore and feel different textures of food










  
 I can experience using a range of cooking utensils with support










  
 I can smell a range of different foods









    
Independence activities of the week








  
Cooking

  **a**   
I can find a recipe

   **i**    
I can identify the ingredients I will need

    **i**   
I can identify what equipment I need

     **+**     
I can keep my self safe and hygienic while cooking

        
I can use cooking equipment with some independence

Independence activities of the week



Tidying

put away



Organise your book shelf

Help to tidy your room

Sort your toys into different categories

Help put the shopping away

Help to put your clean clothes away





Independence Activities of the Week

Personal Hygiene

A blue-bordered box containing four icons: two stick figures with a red slash through them (Independence), a person on a bicycle (Activities of the Week), a calendar grid (Week), and a person washing their hands (Personal Hygiene).

Change into clean clothes.

Three icons: a person changing clothes, a red circle with a white arrow pointing into a square, and a colorful clothes rack.

Brush your teeth twice a day.

Two icons: a hand holding a toothbrush to a tooth and a sun with '2x' below it.

Wash your face.

Three icons: a hand being washed, two stick figures, and a human face.

Wash your hands after using the toilet and before eating,

Four icons: hands being washed, a clock with a red dot, a person on a toilet, a plus sign, a clock with a red dot, and a person eating.

Use a nail brush to scrub behind your nails.

Six icons: a hand with a green brush, a nail brush, a hand being scrubbed, a square with a red dot, two stick figures, and a hand with a nail brush.

Wash your hair with shampoo and conditioner.

Four icons: hair being washed with shampoo, a hairbrush, hair being washed with conditioner, and a hairbrush.





Independence activities of the week - cleaning



Help dust away any cobwebs

Hoover the floor





Mop or sweep the floor



Wipe the table

Help to wash up or dry up



 Independence  task  of the week  - dressing

 I can  engage  in  my dressing  and  undressing  routine






 I can  choose  clothes  for different  weather



 I can  practice putting  my shoes  and  socks on



 I can  practice doing up  a zip



 I can  practice doing  and  undoing buttons










   -  
Independence activities of the week :

  +   
preparing breakfast and snack



  +     +   
 I can communicate and make choices at breakfast and snack time

        
 I can help to prepare by own breakfast or snack



         
 I can practice using my cutlery with greater independence



   +    
 I can help to tidy up and wash up afterwards













 Work hard on your school targets

**A**




 Complete your physio

**Always try your best**









 Try your hardest to help with jobs around the house

Create a picture with kitchen utensils. Make it as colourful as

you can!



B

Go out into the garden and find leaves to make a bug

picture |



Be creative

Use a toilet roll tube to make a love heart. Use your

favourite colours to paint the circles. |



Make



emotion



faces

+



identify

?

how



you



feel

# E

## Emotions



The **Zones** of Regulation™

<b>BLUE ZONE</b> Sad Sick Tired Bored Moving Slowly	<b>GREEN ZONE</b> Happy Calm Feeling Okay Focused Ready to Learn	<b>YELLOW ZONE</b> Frustrated Worried Silly/Wiggly Excited Less of Some Control	<b>RED ZONE</b> Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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Play with a toy that makes you happy or calm

What colour zone of emotion are you in? Can you think of activities or resources that can help you get into the green zone and feel calm or happy? These activities or resources are called your toolbox.






**'s Toolbox**

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools

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 Engage
  in
  a
  family
  game



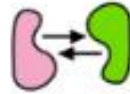







**E**

 Offer
  to
  help
  around
  the
  home

Everybody matters so work together



 Engage
  in
  intensive
  interaction
  with
  someone
  in
  your
  family

Anticipate things that are going to happen next



E

Sort things into categories

Follow a routine

Everything organised



Prepare ingredients and cooking equipment





    
Create your own calendar



    **10**   
Can you track a light for 10 seconds?



**E**

Everybody meet your deadlines

   **5**   **30**    
Can you stack 5 building bricks in 30 seconds or set

   
your own challenge?



Identify something you are proud of or something

you did well



Rehearse and perform an act for a talent show



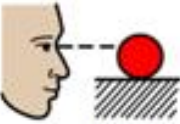

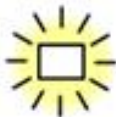


Inspire others

Create an art gallery to showcase all of your artwork





 Taste, 
  smell 
 + 
  look at 
  something 
  new








# N

 Give 
  yourself 
 **a**
 new 
  achievement 
 to 
  reach



New things – try them!

 Teach 
  your 
  self 
 **a**
 new 
  skill





Engage in personal hygiene



P

Present yourself well



Identify



smart clothes



in



your



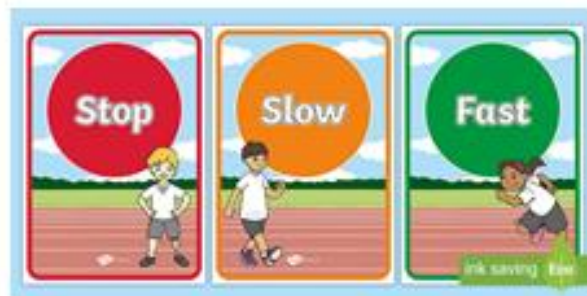
wardrobe

Let a sibling choose a game, follow their instructions



Traffic light game. Move around and respond to red, stop.

Amber, slow. Green, run.



# R

Respond to others



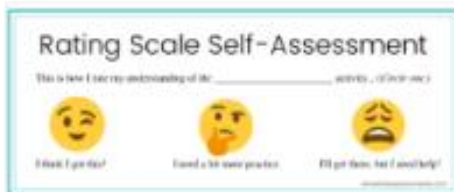
Intensive interaction with family members

Play a musical instrument, listen to an adult to tell you

to go fast, slow, loud, quiet.



Review your work. Use emojis or emotions faces



Look through old family

photo albums together



Reflect on what I have done



Write a diary about your day or week. You can draw

pictures or stick in photos or momentos.



Go on a treasure hunt around your house, read clues to

find each piece of treasure.



### Indoor Scavenger Hunt

How many of these items can you find around the house?

- |  |   |
|--|---|
| <input type="checkbox"/> stuffed bear    | <input type="checkbox"/> flashlight       |
| <input type="checkbox"/> water dispenser | <input type="checkbox"/> soap or rug      |
| <input type="checkbox"/> random walk     | <input type="checkbox"/> beer             |
| <input type="checkbox"/> sunglasses      | <input type="checkbox"/> alarm clock      |
| <input type="checkbox"/> book            | <input type="checkbox"/> measuring tape   |
| <input type="checkbox"/> spoon           | <input type="checkbox"/> ball of any sort |
| <input type="checkbox"/> toy truck       | <input type="checkbox"/> scarf            |
| <input type="checkbox"/> printed glass   | <input type="checkbox"/> building blocks  |
| <input type="checkbox"/> ruler           | <input type="checkbox"/> baby doll        |
| <input type="checkbox"/> toothpaste      | <input type="checkbox"/> salt and pepper  |

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Complete a puzzle



Solve problems

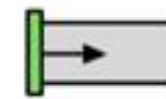


Hide small objects in different containers, work out how to get the object out



Blind fold someone at home, Give instructions to complete an

activity |



Initiate communication

Take the lead



Role play job activities

