**LIFE SKILLS- STEPS TOWARDS INDEPENDENCE**

**Comprehension and Reading**

Stage 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **The pupil can** |  |  |  | **Comments** | **Date** |
| * remove a jumper, sweatshirt, dress, vest if pulled up by an adult
 |  |  |  |  |  |
| * remove tracksuit bottoms/ shorts if thumbs placed inside the waistband by adult
 |  |  |  |  |  |
| * remove cardigan/ coat if assisted with first arm
 |  |  |  |  |  |
| * pull down a jumper, sweatshirt, dress, vest if assisted with arms and neck
 |  |  |  |  |  |
| * put on a shirt, cardigan, coat if held in position
 |  |  |  |  |  |
| * hang coat up on peg independently
 |  |  |  |  |  |
| * pull up socks if the sock is placed over the toes and half the foot
 |  |  |  |  |  |
| * fasten a large zip
 |  |  |  |  |  |
| * wash hands when soap placed on hands
 |  |  |  |  |  |
| * brush teeth with water
 |  |  |  |  |  |
| * put toys/ objects away when prompted by an adult
 |  |  |  |  |  |
| * identify own coat, water bottle, lunch box
 |  |  |  |  |  |
| * pair up contrasting socks
 |  |  |  |  |  |
| * clear table after eating
 |  |  |  |  |  |
| * eat using hands or fork/spoon
 |  |  |  |  |  |
| * recognise and respond to own name
 |  |  |  |  |  |
| * independently find their way back to class from a range of areas in school
 |  |  |  |  |  |
| * stack a tower of bricks
 |  |  |  |  |  |
| * walk along a line
 |  |  |  |  |  |
| * flush the toilet
 |  |  |  |  |  |
| * threading large beads on a chunky thread
 |  |  |  |  |  |
| * sort cutlery
 |  |  |  |  |  |
| * pour rice, beans, and grains
 |  |  |  |  |  |
| * brush the floor with large brush
 |  |  |  |  |  |
| * water a plant outside
 |  |  |  |  |  |
| * communicate hello/ good morning/ thank you /drink
 |  |  |  |  |  |