**LIFE SKILLS- STEPS TOWARDS INDEPENDENCE**

**Comprehension and Reading**

Standard 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **The pupil can** |  |  |  | **Comments** | **Date** |
| * remove a jumper, sweatshirt, dress, vest unaided
 |  |  |  |  |  |
| * remove tracksuit bottoms/ shorts unaided
 |  |  |  |  |  |
| * remove trousers/ leggings/ tights if thumbs placed inside the waistband by adult
 |  |  |  |  |  |
| * remove underwear when thumbs are placed inside the waistband by an adult
 |  |  |  |  |  |
| * remove a cardigan/ coat unaided
 |  |  |  |  |  |
| * remove socks when thumbs are placed inside the top by an adult
 |  |  |  |  |  |
| * pull on a jumper, sweatshirt, dress, vest if laid on a table in position
 |  |  |  |  |  |
| * put up trousers, pants, skirt
 |  |  |  |  |  |
| * put on a cardigan/ coat unaided
 |  |  |  |  |  |
| * put on shoes if they are placed in position
 |  |  |  |  |  |
| * pull up socks if help to turn them the correct way round and placed over toes
 |  |  |  |  |  |
| * fasten large buttons
 |  |  |  |  |  |
| * fasten large press studs
 |  |  |  |  |  |
| * wash hands unaided
 |  |  |  |  |  |
| * wipe face with wet wipe/ cloth
 |  |  |  |  |  |
| * shower with assistance
 |  |  |  |  |  |
| * brush teeth with water and toothpaste (applied by an adult)
 |  |  |  |  |  |
| * put toys away in a familiar container unaided
 |  |  |  |  |  |
| * correctly store coat, water bottle, and lunch box in correct area unaided
 |  |  |  |  |  |
| * put dirty clothes in a laundry basket
 |  |  |  |  |  |
| * scrape/ clean plate after eating
 |  |  |  |  |  |
| * use a fork/spoon and hold a bowl/plate with the other hand
 |  |  |  |  |  |
| * to be able to communicate own name
 |  |  |  |  |  |
| * wipe the table
 |  |  |  |  |  |
| * move and carry a chair
 |  |  |  |  |  |
| * walking over a bumpy surface unaided
 |  |  |  |  |  |
| * sit crossed legged unaided
 |  |  |  |  |  |
| * wipe themselves after using the toilet
 |  |  |  |  |  |
| * use chunky construction resources eg duplo
 |  |  |  |  |  |
| * open and close a range of container lids
 |  |  |  |  |  |
| * peel a banana
 |  |  |  |  |  |
| * clip clothes pegs on a solid frame eg clothes horse
 |  |  |  |  |  |
| * sweep a surface using a hand brush
 |  |  |  |  |  |
| * water a houseplant
 |  |  |  |  |  |
| * communicate please/ goodbye/ more/ no/ toilet
 |  |  |  |  |  |
| * place hand over mouth when coughing
 |  |  |  |  |  |