**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 |  |  |  |  |  |