**LIFE SKILLS- STEPS TOWARDS INDEPENDENCE**

**Comprehension and Reading**

Standard 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **The pupil can** |  |  |  | **Comments** | **Date** |
| * remove tracksuit bottoms/ shorts unaided |  |  |  |  |  |
| * remove trousers/ leggings/ tights unaided |  |  |  |  |  |
| * remove underwear unaided |  |  |  |  |  |
| * remove socks unaided |  |  |  |  |  |
| * put on a jumper, sweatshirt, vest, dress unaided |  |  |  |  |  |
| * put on trousers, pants, skirt if held in position |  |  |  |  |  |
| * put on a shirt unaided |  |  |  |  |  |
| * put on shoes if placed in position and complete Velcro unaided |  |  |  |  |  |
| * put on socks if placed the correct way round |  |  |  |  |  |
| * fasten a large buckle |  |  |  |  |  |
| * fasten small buttons |  |  |  |  |  |
| * fasten zips on coats/ trousers/ school bag |  |  |  |  |  |
| * wash and dry hands unaided |  |  |  |  |  |
| * turn taps on and off independently |  |  |  |  |  |
| * shower unaided -using soap and sponge |  |  |  |  |  |
| * tolerate having hair brushed and styled |  |  |  |  |  |
| * measure own toothpaste |  |  |  |  |  |
| * put familiar items away in a classroom/ home when prompted |  |  |  |  |  |
| * Use a visual checklist to bag school bag at the end of the day |  |  |  |  |  |
| * lay clothes in order and they are taken off on a table (adult to turn clothes the right way round) |  |  |  |  |  |
| * choose correct items of school uniform from a mix of clothes |  |  |  |  |  |
| * open a range of simple food containers eg open sandwich wrapped in foil, packet of crisps |  |  |  |  |  |
| * use a fork to hold a food item and cut soft food with knife eg playdough, mashed potato |  |  |  |  |  |
| * pour a drink from a small jug |  |  |  |  |  |
| * to be able communicate which class they belong to |  |  |  |  |  |
| * spray water and clean a table |  |  |  |  |  |
| * money -see maths list |  |  |  |  |  |
| * carry objects on a tray |  |  |  |  |  |
| * climb on outdoor equipment unaided |  |  |  |  |  |
| * wipe themselves after using a toilet and flush the toilet |  |  |  |  |  |
| * use simple keys in locks |  |  |  |  |  |
| * put pegs in a peg board |  |  |  |  |  |
| * find requested numbers on a mobile phone |  |  |  |  |  |
| * pack a bag |  |  |  |  |  |
| * use a cloth/ sponge to clean up a spillage |  |  |  |  |  |
| * cut soft food |  |  |  |  |  |
| * rinse off a plate under a running tap |  |  |  |  |  |
| * peel a satsuma |  |  |  |  |  |
| * set a table |  |  |  |  |  |
| * butter a slice of bread |  |  |  |  |  |
| * clip pegs on a washing lines |  |  |  |  |  |
| * sweep the floor using a hand brush into a dustpan |  |  |  |  |  |
| * communicate tired/ hungry/ pain |  |  |  |  |  |
| * blow nose with adult assistance |  |  |  |  |  |