**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
 |  |  |  |  |  |