



# HOME LEARNING

Preparation for Adulthood  
Learners

Summer: People and Places



## INDEPENDENT LIVING SKILLS

Whilst you are at home use the opportunity to practice your independence skills. Can you keep a written or picture diary of what you have done? Here are some ideas.

- make yourself a snack/drink
- wash and dry the pots
- make your bed
- Hoover, mop, clean surfaces with a cloth and spray
- make a shopping list of groceries that your family needs.



# RELATIONSHIPS



Can you identify the people that are helping you live comfortably whilst you are at home. This could for example be a family member, friend, the postman or bin men. Can you make a thank you card/letter to give to this person/people?

A white card with the words "THANK YOU" printed in large, bold, yellow capital letters. The card is placed on a light brown surface, possibly a desk or table.

**THANK YOU**

# HEALTH AND WELLBEING

This term our PE topic is Athletics track. How far can you jump from a standing position. Measure your jump using a tape measure. Can you beat it?



# EMPLOYABILITY

Can you work hard to achieve something new? This could be a jigsaw you find difficult or a new fitness challenge. Keep a written diary of what new things you have tried and succeeded with.



never  
never  
never  
give up