



NEWARK ORCHARD SCHOOL

My Life skills Booklet L1



Name _____



This booklet is designed to highlight the progression our students make in their life skills over their time at school.

Please date when they have started a target and then again when they have achieved it. Both staff and student can sign to say it is completed. There is space on the back of each page for any photos that show how the target was met.



Healthy Living



and



Personal Care



Target



I CAN



EAT



AND























DRINK






WITH








SUPPORT



























 I can  hold a  bottle or  cup	 Finish  Signed
 I can  hold  food and  bring it to  my  mouth	 Finish  Signed
 I can  try to  use  a spoon	 Finish  Signed


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 Healthy Living and Personal Care Target



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 I CAN EAT AND DRINK WITH SUPPORT

 I can  show  my  likes +  dislikes	 Finish  Signed
 I  will  try  new  foods	 Finish  Signed
 I can  feed  myself  with a  spoon	 Finish  Signed
 I can  drink without  spilling	 Finish  Signed


























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Healthy Living and Personal Care Target



I CAN GO TO THE TOILET WITH SUPPORT

   <p>I can help with changing</p>	 <p>Finish</p>  <p>Signed</p>
   <p>I can show when I have been to</p>  <p>the toilet</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can recognise when I need</p>  <p>the toilet</p>	 <p>Finish</p>  <p>Signed</p>
   <p>I can recognise a toilet</p>	 <p>Finish</p>  <p>Signed</p>























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Healthy Living and Personal Care Target



I CAN DRESS WITH SUPPORT

    <p>I can help with clothing</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can dress with help</p>	 <p>Finish</p>  <p>Signed</p>
      <p>I can get ready for PE with help</p>	 <p>Finish</p>  <p>Signed</p>









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Independent Living and Personal Safety Target



I CAN START TO KEEP MYSELF SAFE

 I  am  wary  of unfamiliar people	 Finish  Signed
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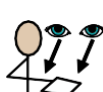








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Independent Living and Personal Safety Target



I CAN DEVELOP INDEPENDENCE IN KNOWN PLACES

 <p>I can</p>  <p>show an idea</p>  <p>of self</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can</p>  <p>leave main carer</p>  <p>with support</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can</p>  <p>show my</p>  <p>preferences</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can</p>  <p>start to comfort myself</p> 	 <p>Finish</p>  <p>Signed</p>






















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Independent Living and Personal Safety Target



I CAN BEGIN TO RECOGNISE CLASS RULES

 I am beginning to know yes and     no	 Finish  Signed
 I can follow rules with support  	 Finish  Signed
 I am learning some things are mine    and some are shared 	 Finish  Signed



Independence in the



Community
































Target



I CAN

RECOGNISE FAMILIAR ADULTS

 <p>I</p>  <p>am curious about</p>  <p>people</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I</p>  <p>show</p>  <p>interest in</p>  <p>stories about</p>  <p>myself and</p>  <p>my</p>  <p>family</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I</p>  <p>enjoy</p>  <p>pictures about</p>  <p>my</p>  <p>family</p>  <p>and other</p>  <p>people</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I</p>  <p>have a sense of</p>  <p>my</p>  <p>family</p>	 <p>Finish</p>  <p>Signed</p>



Independence in the Community



Community



Target



I CAN



BEGIN



TO RECOGNISE



FAMILY



AND



COMMUNITY



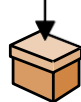





























 I can imitate actions from my family	 Finish Signed
 I recognise similarities and differences to others	 Finish Signed



Independence in the Community Target



I AM BEGINNING TO LEARN ABOUT THE WORLD

   <p>I can explore objects</p>	 <p>Finish</p>  <p>Signed</p>
   <p>I can remember where objects belong</p>	 <p>Finish</p>  <p>Signed</p>
      <p>I can match parts of objects that fit together</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I like playing with small world models</p>	 <p>Finish</p>  <p>Signed</p>
      <p>I can explore other people's beliefs</p>	 <p>Finish</p>  <p>Signed</p>



Independence in the



Community



Target



I CAN








ACCESS



KNOWN



PLACES

 <p>I can</p>  <p>move</p> <p>around</p>  <p>safely</p>	 <p>Finish</p>  <p>Signed</p>
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Independence in the



Community



Target



I CAN

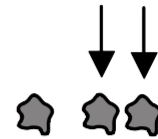


START TO

GAIN



ATTENTION FROM



OTHERS

<p>I can gain attention in different ways</p>	<p>Finish Signed</p>
<p>I can greet known people</p>	<p>Finish Signed</p>
<p>I can use please and thank you with encouragement</p>	<p>Finish Signed</p>
<p>I can say sorry with encouragement</p>	<p>Finish Signed</p>



Independence in the



Community

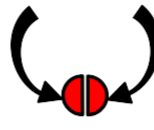


Target

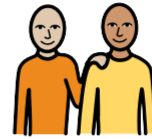


I CAN











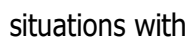




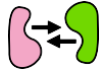












START TO



MAKE



FRIENDS



Independence in the



Community

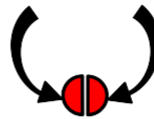


Target

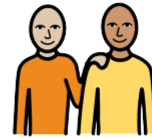


I CAN

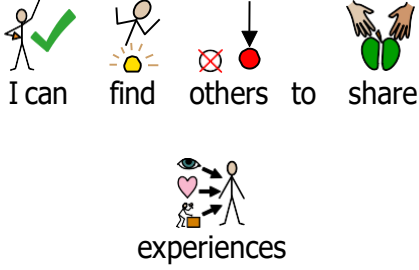

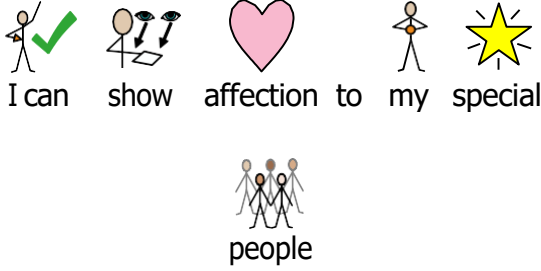

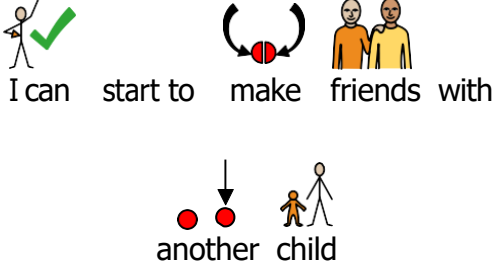



START TO



MAKE



FRIENDS

 <p>I can find others to share experiences</p>	 <p>Finish Signed</p>
 <p>I can show affection to my special people</p>	 <p>Finish Signed</p>
 <p>I can start to make friends with another child</p>	 <p>Finish Signed</p>
 <p>I am beginning to have my own friends</p>	 <p>Finish Signed</p>



Independence in the



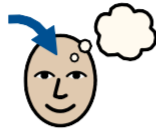
Community



Target

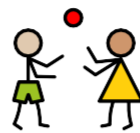


I CAN



LEARN







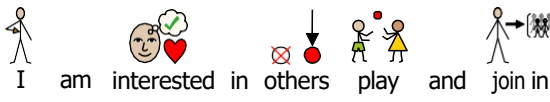





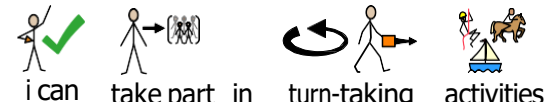


TO



PLAY



WITH OTHERS

 <p>I can play alongside others</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can play with a familiar adult</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I am interested in others play and join in</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can initiate a social game</p>	 <p>Finish</p>  <p>Signed</p>
 <p>i can take part in turn-taking activities</p>	 <p>Finish</p>  <p>Signed</p>



Independence in the



Community



Target



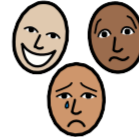
I CAN



START TO

















MY



FEELINGS




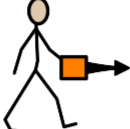




WITH SUPPORT

 I can  share  my  feelings with a  familiar  adult	 Finish  Signed
 I  am aware  of the feelings of  others	 Finish  Signed

























 Careers and Job Skills Target





 I CAN TAKE AN INTEREST IN MY CLASS.

    I can recognise a photo of myself.	 Finish
    I can choose a photo of my	 Finish
   friend from the class.	 Finish
    I can join in an activity I enjoy.	 Signed

































 Careers and Job Skills Target





 I CAN IDENTIFY FAMILIAR JOBS

 I can  identify  different  jobs  people  in school.	 Finish  Signed
 I can  identify  jobs  familiar  adults  do.	 Finish  Signed
 I can  different  jobs  people  do  in  stories/experiences  I  have	 Finish  Signed
































 Careers and Job Skills Target



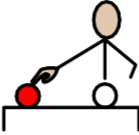
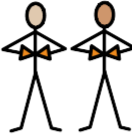

 I CAN UNDERSTAND SCHOOL EXPECTATIONS.

<p>      I can recognise things that we </p> <p>    are allowed to do in school. </p>	<p>  Finish </p> <p>  Signed </p>
<p>      I can recognise things we are not </p> <p>    allowed to do in school. </p>	<p>  Finish </p> <p>  Signed </p>
<p>     I can use my manners. </p>	<p>  Finish </p> <p>  Signed </p>


























 Careers and Job Skills Target

 I CAN RECOGNISE THAT WE NEED TO

 TAKE CARE OF THE ENVIRONMENT

<p>      I can recognise simple ways we </p> <p>   take care of animals. </p>	<p>  Finish </p> <p>  Signed </p>
<p>      I can recognise simple ways we </p> <p>   take care of the environment. </p>	<p>  Finish </p> <p>  Signed </p>



































 Careers and Job Skills Target











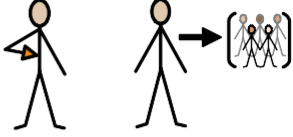
 I CAN RECOGNISE MONEY AND IT'S USES.

<p>     I can recognise what money is </p> <p>  used for. </p>	<p>  Finish </p> <p>  Signed </p>
<p>     I can recognise different forms of </p> <p>     money (coins, notes, cards) </p>	<p>  Finish </p> <p>  Signed </p>
<p>      I can recognise items that cost </p> <p>      something and something that is free.. </p>	<p>  Finish </p> <p>  Signed </p>



























 Careers and Job Skills Target

 I CAN RECOGNISE SOME GROUPS I BELONG TO.




<p>      I can recognise people who are in the </p> <p>    e.g.  e.g.  class, club. </p>	<p>  Finish </p> <p>  Signed </p>
<p>      I can recognise people who are in </p> <p>   my family. </p>	<p>  Finish </p> <p>  Signed </p>





























 Careers and Job Skills Target




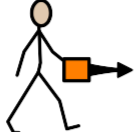




 I CAN GET MYSELF READY FOR LEARNING

<p>      I can recognise when I need to </p> <p>    move to a table to learn </p>	<p>  Finish </p> <p>  Signed </p>
<p>     I can use my now and next chart </p> <p>  with support </p>	<p>  Finish </p> <p>  Signed </p>
<p>     I can point to visual timetables </p>	<p>  Finish </p> <p>  Signed </p>





































 Careers and Job Skills Target

 I CAN TAKE PART IN ACTIVITIES USING

 DIFFERENT LEARNING STYLES.

<p>     I can participate in a visual learning </p> <p>  activity. </p>	<p>  Finish </p> <p>  Signed </p>
<p>    I can participate in an auditory </p> <p>   learning activity. </p>	<p>  Finish </p> <p>  Signed </p>
<p>   I can participate in a kinaesthetic </p> <p>   learning activity. </p>	<p>  Finish </p> <p>  Signed </p>
<p>     I can show a preference through a verbal </p> <p>    or non verbal response to an activity. </p>	<p>  Finish </p> <p>  Signed </p>