



# NEWARK ORCHARD SCHOOL

## My Life skills Booklet L2



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.




















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Healthy Living and Personal Care Target



I CAN PUT MY COAT ON BY MYSELF

  <p>I can put my coat on by</p>  <p>myself</p>	 <p>Finish</p>  <p>Signed</p>
  <p>I can take my coat off by</p>  <p>myself</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can hang my coat</p>  <p>up by myself</p>	 <p>Finish</p>  <p>Signed</p>



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Healthy Living

and

Personal Care

Target



I CAN PUT MY JUMPER ON BY MYSELF



I can

put



my



jumper



Finish



on

by



myself



Signed



I can

take



my



jumper



Finish



off

by



myself



Signed



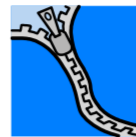
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

Healthy Living and Personal Care Target







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

















I CAN FASTEN MY BUTTONS AND ZIPS BY MYSELF

    <p>I can zip my clothes</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can unzip my clothes</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can do up buttons on my</p>  <p>clothes</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can undo buttons on my clothes</p>	 <p>Finish</p>  <p>Signed</p>





  
 Healthy Living and Personal Care Target



I CAN GO TO THE TOILET BY MYSELF

 I  am  clean  and  dry during the  day	 Finish  Signed
 I can  ask  for the toilet  appropriately	 Finish  Signed
 I can  ask  for help	 Finish  Signed
 I can  go to the toilet	 Finish  Signed


















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Healthy Living and Personal Care Target



I CAN GO TO THE TOILET BY MYSELF

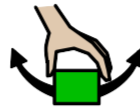
   I can wipe myself	 Finish  Signed
   I can flush the toilet	 Finish  Signed
    I can wash and dry my hands	 Finish  Signed



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Healthy Living and Personal Care Target



I CAN USE A KNIFE AND FORK

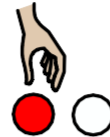
 <p>I can hold a fork</p>	 Finish   Signed
 <p>I can use a fork to stab food</p>	 Finish   Signed
 <p>I can hold a knife and fork</p>	 Finish   Signed
 <p>I can cut with a knife</p>	 Finish   Signed










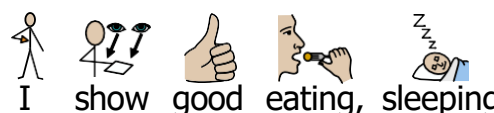



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Healthy Living and Personal Care Target



I CAN MAKE HEALTHY CHOICES WITH HELP


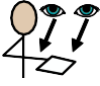













 <p>I can eat healthy foods</p>	 Finish  Signed
 <p>I can understand the need for a</p>  <p>variety of food</p>	 Finish  Signed
 <p>I show good eating, sleeping</p>  <p>and hygiene</p>	 Finish  Signed







Independent Living and Personal Safety Target









I CAN KEEP MYSELF SAFE WITH SUPPORT

   <p>I can show that I</p>   <p>need help</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can move around safely</p>   <p>in my space</p>	 <p>Finish</p>  <p>Signed</p>





















Independent Living and Personal Safety Target

I CAN DEVELOP MY INDEPENDENCE IN KNOWN



PLACES

     <p>I can choose and use resources</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can talk to unfamiliar people</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I am more confident in new situations</p> 	 <p>Finish</p>  <p>Signed</p>



























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Independent Living and Personal Safety Target









I CAN BE CONFIDENT IN KNOWN PLACES
























    <p>I can talk to children when playing</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can ask adults for help</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can speak to people about my</p>  <p>needs</p>	 <p>Finish</p>  <p>Signed</p>
   <p>I can be positive about myself</p>	 <p>Finish</p>  <p>Signed</p>

Independent Living and Personal Safety Target

I CAN RECOGNISE CLASS AND SCHOOL RULES

   <p>I can show understanding of rules</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can stop myself from doing something I shouldn't</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can adapt my behaviour</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I know class rules</p>	 <p>Finish</p>  <p>Signed</p>



Independence in the



Community



Target



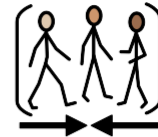
I CAN


























RECOGNISE KEY



PEOPLE AND



EVENTS

 <p>I can</p>  <p>show interest in</p>  <p>people</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can</p>  <p>talk about</p>  <p>family and</p>  <p>friends</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can</p>  <p>remember</p>  <p>events in</p>  <p>my life</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can</p>  <p>talk about</p>  <p>special times</p> 	 <p>Finish</p>  <p>Signed</p>



Independence in the



Community



Target



I CAN



RECOGNISE






























FAMILY



AND



COMMUNITY

 I can  show interest in  different   ways of life	 Finish   Signed
 I  know  what makes  me and   family  special	 Finish   Signed
 I  enjoy  joining  celebrations	 Finish   Signed
 I can  recognise my  different  groups 	 Finish   Signed



Independence in the




































Community



Target



I AM LEARNING ABOUT THE WORLD

    <p>I can ask questions about my world</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can talk about what I have seen</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I can talk about how things work</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I can recognise growth and change</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I can respect other people's beliefs</p>	 <p>Finish</p>  <p>Signed</p>



Independence in the



Community



Target



I CAN





















ACCESS



THE COMMUNITY WITH



HELP

 I can  move around  school   independently	 Finish   Signed
 I can be  safe in the  community    next to an adult	 Finish   Signed
 I can show some  awareness of   danger	 Finish   Signed









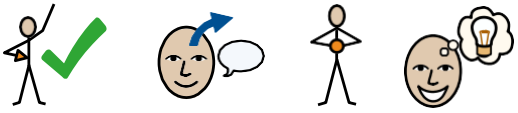








# Independence in the Community Target



I CAN

GAIN

ATTENTION APPROPRIATELY

 <p>I can find comfort from know adults</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can start conversations and listen</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can explain my ideas</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can ask questions</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can recognise when to say please and thank you</p>	 <p>Finish</p>  <p>Signed</p>



Independence in the



Community



Target














I CAN



BUILD



FRIENDSHIPS

 I can  demonstrate  friendly  behaviour	 Finish  Signed
 I can  resolve conflict  with friends	 Finish  Signed



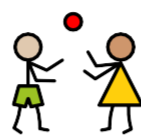
Independence in the



Community



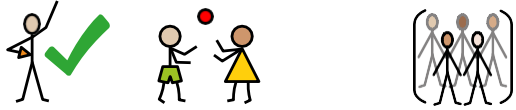





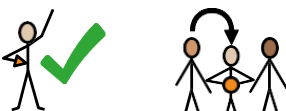








Target



I CAN

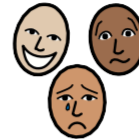
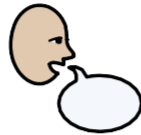
PLAY

WITH OTHERS


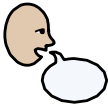

























 <p>I can play in a group</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can initiate play</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can take turns</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can keep play going</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can share favourite items</p>	 <p>Finish</p>  <p>Signed</p>



Independence in the Community Target



I CAN EXPRESS MY FEELINGS

    <p>I can express my feelings</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can react to the feelings of others</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I try to make people feel</p>  <p>better</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I can distract myself when sad</p>	 <p>Finish</p>  <p>Signed</p>



Independence in the



Community



Target



I CAN



UNDERSTAND HOW



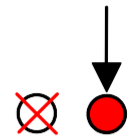
MY





























ACTIONS



AFFECT



OTHERS

 I  know  some actions  hurt  others	 Finish  Signed
 I  am starting to  understand my  actions  affect  others	 Finish  Signed
 I  try  to solve  problems without  getting cross	 Finish  Signed
 I can  say sorry	 Finish  Signed


































































Careers and Job Skills Target








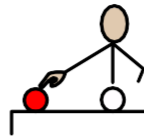





I CAN RECOGNISE THINGS I AM GOOD AT

<p>  I can   name   at   least   2   things   I     am   good   at   in school.         </p>	<p>  Finish     Signed         </p>
<p>  I can   name   at   least   2   things   I     am   good   at   out of   school.         </p>	<p>  Finish     Signed         </p>
<p>  I can   explain   how   doing   something   I     am   good   at   makes   me   feel.         </p>	<p>  Finish     Signed         </p>
<p>  I can   give   reasons   why   I   am     special.         </p>	<p>  Finish     Signed         </p>
<p>  I can   name   ways   I   am different to     1   of   my friends.         </p>	<p>  Finish     Signed         </p>

































  
 Careers and Job Skills Target






  
 I CAN RECOGNISE JOBS THAT MAKE UP MY



COMMUNITY

<p>                 I can identify the different roles in school         </p> <p>                 and these jobs contribute to school life.         </p>	<p>             Finish         </p> <p>             Signed         </p>
<p>                I can recognise a range of different         </p> <p>                jobs in my local community.         </p>	<p>             Finish         </p> <p>             Signed         </p>
<p>                I can identify the jobs of those in         </p> <p>             the emergency services.         </p>	<p>             Finish         </p> <p>             Signed         </p>

































































I CAN IDENTIFY AND RESPECT RULES IN DIFFERENT






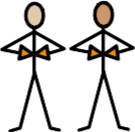



PLACES

<p>       </p> <p>I can identify rules we have in the</p> <p>  </p> <p>classroom.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>        </p> <p>I can identify rules we have at home.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>      </p> <p>I can understand rules are in place to</p> <p>    </p> <p>keep us safe.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>     </p> <p>I can identify positive consequences for abiding</p> <p>      </p> <p>by the rules in familiar situations.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>     </p> <p>I can identify negative consequences for</p> <p>     </p> <p>breaking the rules in familiar situations.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>



































































Careers and Job Skills Target

I CAN NAME WAYS WE NEED TO LOOK AFTER

ANIMALS AND THE ENVIRONMENT

<p>        </p> <p>I can describe out own home and explain</p> <p>      </p> <p>how we our family members take care of it.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>        </p> <p>I can name at least 2 reasons why it is</p> <p>    </p> <p>important to look after animals.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>        </p> <p>I can name at least 2 reasons why it is</p> <p>    </p> <p>important to look after plants.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>        </p> <p>I can name at least 2 ways we</p> <p>      </p> <p>can look after our school environment.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>     </p> <p>I can identify a routine of taking care of a</p> <p>  </p> <p>pet.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>









































































  
**Careers and Job Skills Target**



**I CAN UNDERSTAND MONEY CAN BE USED TO**



**BUY DIFFERENT THINGS.**

<p>          I can name at least 3 places we </p> <p>         can buy things in real life. </p>	<p>    Finish </p> <p>    Signed </p>
<p>          I can name at least 3 places we </p> <p>       can buy things online. </p>	<p>    Finish </p> <p>    Signed </p>
<p>           I can name at least 2 ways to keep </p> <p>      your money safe. </p>	<p>    Finish </p> <p>    Signed </p>
<p>           I can name at least 2 ways you can </p> <p>     get money. </p>	<p>    Finish </p> <p>    Signed </p>
<p>          I can name at least 3 things adults </p> <p>         have to buy to help us live. </p>	<p>    Finish </p> <p>    Signed </p>



































































Careers and Job Skills Target





I CAN NAME THE BENEFITS OF BEING IN A GROUP.






















<p>         </p> <p>I can name at least 2 things I do</p> <p>     </p> <p>when I am part of a group.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>         </p> <p>I can name at least 2 things other</p> <p>     </p> <p>people do in my group.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>         </p> <p>I can name at least 2 things I enjoy</p> <p>    </p> <p>about being part of my group.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>         </p> <p>I can name 1 thing I would change about</p> <p>  </p> <p>my group.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>
<p>       </p> <p>I can recognise others can belong to different</p> <p>  </p> <p>groups.</p>	<p>  </p> <p>Finish</p> <p>  </p> <p>Signed</p>




  
 Careers and Job Skills Target











  
 I CAN GET MYSELF READY FOR LEARNING



























































<p>                I can get a pen, glue stick,              scissors etc         </p>	<p>             Finish              Signed         </p>
<p>                I can recognise symbols on the              timetable         </p>	<p>             Finish              Signed         </p>
<p>                I can recognise times of the day              based on lessons         </p>	<p>             Finish              Signed         </p>





  
 Careers and Job Skills Target







  
 I CAN TALK ABOUT MY LIKES AND DISLIKES.

       <p>I can identify which subjects in school I like.</p>	 <p>Finish</p>  <p>Signed</p>
      <p>I can identify we subjects in school I</p>  <p>don't like.</p>	 <p>Finish</p>  <p>Signed</p>
       <p>I can identify activities and interests out of school</p>   <p>I like.</p>	 <p>Finish</p>  <p>Signed</p>
       <p>I can identify activities and interests out of school</p>   <p>I don't like.</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I can recognise if there is a pattern to what</p>   <p>I like.</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I can recognise if there is a pattern to what</p>   <p>I don't like.</p>	 <p>Finish</p>  <p>Signed</p>