



**NEWARK  
ORCHARD  
SCHOOL**



My



Life

skills



Booklet

Working Towards L1



Name \_\_\_\_\_

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

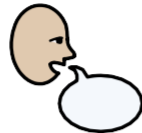
Please date when they have achieved the target. Both staff and student can sign to say it is completed. There is space on the back of each page for any photos that show how the target was met.



+



Healthy Living and Personal Care Target



I CAN EXPRESS HUNGER OR THIRST



I can communicate hunger



or thirst through sounds



Finish



Signed



I am aware of the support of



the adult with my water flush with




the use of the gastro object of reference



Finish









































Signed


 + 
 
 + 
 
  
 Healthy Living and Personal Care Target




 + 
 
  
**I CAN EXPERIENCE EATING AND DRINKING**

<p>                 I can anticipate food routines with         </p> <p>              interest         </p>	<p>              Finish         </p> <p>              Signed         </p>
<p>                  I can request a drink or snack with less         </p> <p>                 support at appropriate times of the day         </p>	<p>              Finish         </p> <p>              Signed         </p>
<p>                 I can make a simple choice between         </p> <p>                  two for my snack and lunch         </p>	<p>              Finish         </p> <p>              Signed         </p>
<p>                  I am aware of the support of the adult with my         </p> <p>               gastro feed with the use of the dinner object of reference         </p>	<p>              Finish         </p> <p>              Signed         </p>



+



Healthy Living and Personal Care Target



I CAN HELP THE ADULT WITH DRESSING ME



I can



hold



out



arms /



legs to



aid

with



dressing



Finish



Signed



I can



sit

/



stand

still/



keep



my



body



still

to



aid



dressing



Finish



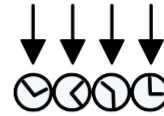
Signed



+



Healthy Living and Personal Care Target



I AM AWARE OF MY TOILETING ROUTINE

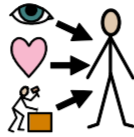
<p>An adult can show me the object of reference for the hygiene suite and I am aware of where I am going</p>	<p>Finish</p> <p>Signed</p>
<p>I am happy for changes of position</p> <p>e.g. wheelchair to achieve if appropriate</p>	<p>Finish</p> <p>Signed</p>
<p>I will follow an adult when they ask me to go to the toilet</p>	<p>Finish</p> <p>Signed</p>
<p>I will allow the adult to wash my hands</p>	<p>Finish</p> <p>Signed</p>



+



Independent Living and Personal Safety Target



I AM EXPERIENCING FEELING SAFE



I can



respond

to sensitive



physical

contact

+



care

physical contact and care



Finish



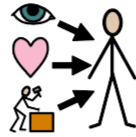
Signed



+



Independent Living and Personal Safety Target



I AM EXPERIENCING MY ENVIRONMENTS



I can move around the school



Finish



environment with adult support



Signed



I am aware of different types of



Finish



+



environments and exposed to them regularly



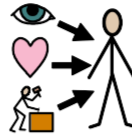
Signed




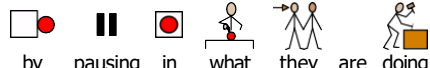






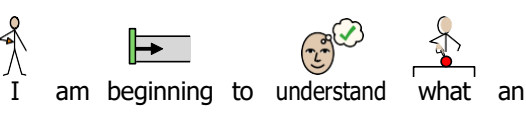



+



# Independent Living and Personal Safety Target



## I AM EXPERIENCING RULES

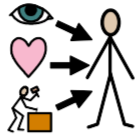
 <p>I can respond to an adult saying "no" with intonation or</p>  <p>gesture by pausing in what they are doing</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I can sometimes follow the request</p>  <p>of 'no' with an appropriate response</p>	 <p>Finish</p>  <p>Signed</p>
 <p>I am beginning to understand what an</p>  <p>adult is asking me to do and respond.</p>	 <p>Finish</p>  <p>Signed</p>


































+



Independent Living and Personal Safety Target



I AM EXPERIENCING A SENSE OF SELF

 I can  respond to own  name  by a   familiar  person	 Finish   Signed
 I can  respond to own  name  by an   unfamiliar  person	 Finish   Signed
 I can  communicate  needs and feelings  +  in a variety of   ways   including  crying,  gurgling,  babbling  +  and squealing.	 Finish   Signed



Independence in the



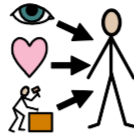
Community



Target





































I



AM EXPERIENCING A SENSE OF



FAMILY

    <p>I can recognise and am most responsive to main carer's</p>    <p>voice: face brightens, activity increases when</p>   <p>familiar carer</p>  <p>appears.</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I can seek physical and emotional</p>     <p>comfort from trusted adults.</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I can make own sounds in response</p>     <p>when talked to by familiar adults.</p>	 <p>Finish</p>  <p>Signed</p>





Independence in the


















Community



Target

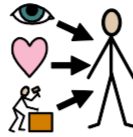


### I AM EXPERIENCING FAMILIAR SPACES











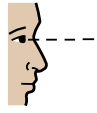














 I can  explore  my  environment with   support	 Finish   Signed
 I can  follow  familiar  adults  across   the room	 Finish   Signed



Independence in the Community Target

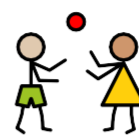
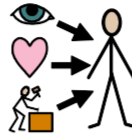


### I AM EXPERIENCING RELATIONSHIPS


































    <p>I can enjoy the company of others</p>    <p>and seek contact with others</p>	 <p>Finish</p>  <p>Signed</p>
   <p>i can gaze at faces</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can copy facial movements. e.g. sticking out</p>      <p>tongue, opening mouth and widening eyes, smiling</p>	 <p>Finish</p>  <p>Signed</p>



# Independence in the Community Target



## I AM EXPERIENCING PLAY

<p>         + e.g.          I can laugh and gurgle, e.g. shows pleasure     </p> <p>        +           at being tickled and other physical interactions     </p>	<p> Finish</p> <p> Signed</p>
<p>           I can smile with pleasure at     </p> <p>         recognisable toys     </p>	<p> Finish</p> <p> Signed</p>
<p>            I can engage with a peer who is in     </p> <p>           close proximity by reaching out or vocalising     </p>	<p> Finish</p> <p> Signed</p>
<p>             I can tolerate an adult in parallel     </p> <p>         play     </p>	<p> Finish</p> <p> Signed</p>



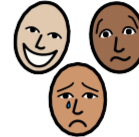
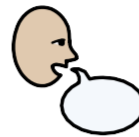
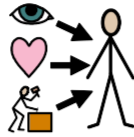
Independence in the









































Community



Target

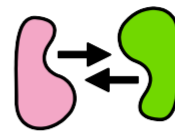


I AM EXPERIENCING AND EXPRESSING EMOTIONS












































    <p>I can show a range of emotions</p>     <p>such as pleasure, fear and excitement.</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I can react emotionally to other people's</p>  <p>e.g.</p>   <p>emotions, e.g. smiles when smiled at</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can calm from being upset when held, rocked,</p>     <p>spoken or sung to with soothing voice</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can show excitement in</p>   <p>anticipation of a favourite activity</p>	 <p>Finish</p>  <p>Signed</p>



# Independence in the Community Target

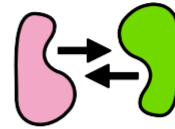


## I AM EXPERIENCING INTERACTIONS




































   <p>e.g. I can respond when talked to, for example,</p>      <p>4ab+c moves arms and legs, changes facial expression</p>	 <p>Finish</p>  <p>Signed</p>
      <p>I can use voice, gesture, eye contact and facial expression</p>      <p>to make contact with people and keep their attention</p>	 <p>Finish</p>  <p>Signed</p>
    <p>I can react with abrupt change when a face</p>     <p>or object suddenly disappears from view</p>	 <p>Finish</p>  <p>Signed</p>
     <p>I can listen to, distinguish and respond</p>    <p>to intonations and sounds of voices.</p>	 <p>Finish</p>  <p>Signed</p>



# Independence in the Community Target



## I AM EXPERIENCING INTERACTIONS

 I can  react  in  interactions  with others   +  by smiling, looking and moving.	 Finish  Signed
 I can  quieten or  become alert  to the  sound  of speech.	 Finish  Signed
 I can  look intently at a  person talking, but  stop  responding if  speaker  turns away.	 Finish  Signed
 I can  listen to  familiar sounds,  words,  or  finger plays	 Finish  Signed



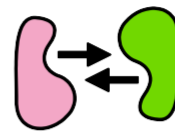
Independence in the










Community



Target




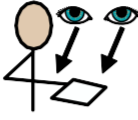



I AM EXPERIENCING INTERACTIONS




















 I can  communicate  in  more  inconsistent ways	 Finish  Signed
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 Careers and Job Skills Target







  
 I CAN SHOW MY REACTION TO AN ACTIVITY.


<p>                  i can react positively (smile, laugh)         </p> <p>                to something I like.         </p>	<p>              Finish         </p> <p>              Signed         </p>
<p>                 I can show a negative reaction to         </p> <p>                something I don't like.         </p>	<p>              Finish         </p> <p>              Signed         </p>



























  
 Careers and Job Skills Target







  
 I CAN EXPERIENCE IDEAS ABOUT JOBS.













<p>                  I can listen to stories about people         </p> <p>                 that do different jobs..         </p>	<p>              Finish         </p> <p>              Signed         </p>
<p>                  I can engage in an experience with         </p> <p>                 someone with a specific job.         </p>	<p>              Finish         </p> <p>              Signed         </p>





  
 Careers and Job Skills Target





  
 I CAN RESPOND TO A FAMILIAR ADULT.

    I can respond to positive praise.	 Finish   Signed
    I can respond to negative reminders.	 Finish   Signed































  
 Careers and Job Skills Target






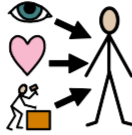




  
 I CAN ENGAGE IN AN ENVIRONMENTAL EXPERIENCE.

<p>                  I can listen to stories about animals         </p> <p>               and the environment.         </p>	<p>              Finish         </p> <p>              Signed         </p>
<p>                  I can engage in an experience with         </p> <p>               the school dog.         </p>	<p>              Finish         </p> <p>              Signed         </p>
<p>                 I can engage in the environment,         </p> <p>           e.g.                         e.g. nature walk.         </p>	<p>              Finish         </p> <p>              Signed         </p>







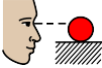








  
 Careers and Job Skills Target






  
 I CAN EXPERIENCE USING MONEY IN THE REAL


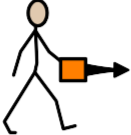




















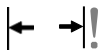




<p>                  I can experience different shops and         </p>	<p>              Finish         </p>
<p>                 watch an adult pay for something.         </p>	<p>              Signed         </p>





  
 Careers and Job Skills Target








  
 I CAN TAKE PART IN A GROUP ACTIVITY.



 I can  participate in  a group  activity   in  my  class.	 Finish   Signed
 I can  participate in  a group  activity   in  a wider  school  situation.	 Finished   Signed























  
 Careers and Job Skills Target



  
 I CAN GET MYSELF READY FOR LEARNING WITH



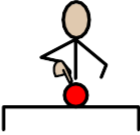





  
 SUPPORT

<p>                 I can sit on a chair ready for         </p> <p>              learning         </p>	<p>              Finish         </p> <p>              Signed         </p>
<p>                 I can show a negative emotion to a         </p> <p>                  subject/activity we do in school.         </p>	<p>              Finish         </p> <p>              Signed         </p>



























  
 Careers and Job Skills Target








  
 I CAN IDENTIFY WHAT I LIKE AND DON'T LIKE


  
 IN SCHOOL

<p>                 I can show a positive emotion to a         </p> <p>                  subject/activity we do in school.         </p>	<p>              Finish         </p> <p>              Signed         </p>
<p>                 I can show a negative emotion to a         </p> <p>                  subject/activity we do in school.         </p>	<p>              Finish         </p> <p>              Signed         </p>