



Out and about	Personal care	Independent Living	Making contact	Getting about	Personal organisation
<p>Using a cafe: Handling money, accepting change Speaking appropriately Making a sensible order Collecting food, using a napkin and cutlery, choosing sauces Talking when eating Eating appropriately</p> <p>Shopping: Reason for going Choice of shop Shopping list Buying and paying – supermarket, corner shop Getting and returning a basket Estimating cost Walking to buy item Checkout procedures Getting correct change Safe return from shops with item</p>	<p>Tie shoe laces: Model activity Practice on a model Practice on a real shoe Shoe cleaning</p> <p>Signs and Symbols: Reading social signs and symbols in school, the home and in community Food symbols and labels Allergy symbols Recycling Cooker and hazard symbols Social sight signs Shopping centre signs Sale signs Department store signs Supermarket signs Hotel amenity signs</p> <p>Personal Hygiene: Showers, deodorants, toiletries, teeth, washing hair, shaving etc</p> <p>First Aid: Basic skills</p>	<p>Washing and housework: Washing clothes – sorting by colour, material Using a washing machine Adding detergents Choice of settings Drying clothes Ironing clothes Hanging up clothes Folding clothes Putting clothe away</p> <p>Hoover, dusting, Dust pan and brush Putting in a bin bag, Emptying bins</p> <p>Making beds Putting on pillow cases Putting on duvets covers Washing up</p> <p>Snacks and Drinks: Making Sandwiches, instant snacks (add water etc) Making cold and hot drinks Using a microwave and kettle safely</p>	<p>Phone calls: Making a phone call on a land line or mobile Booking appointment, reservations Making a Drs appointment Making a dentist appointment Hairdresser, optician Finding the time of a film Texting</p> <p>Internet: e-safety social media, choosing and loading Apps touch typing Google maps siri on-line shopping</p> <p>Makaton Basic signs and symbols</p>	<p>Travel: By bus By train By tube Read bus numbers and destinations Read train timetables Use Oyster cards (Application forms) Put money on Oyster card Ask for directions Follow instructions/directions Planning routes using internet, city planner Read underground map</p> <p>Safe road crossing: Rules for crossing roads Pelican crossings Zebra crossings Crossings at a roundabout</p> <p>Using a bicycle Pumping up tyres Putting on/off lights Road safety training Highway Code</p>	<p>Form Filling: Update CV Filling in application forms Forms for joining clubs, registration with Dr, Dentist etc Passport, travel card, driving licence</p> <p>Banking: Using an ATM Budgetting</p> <p>Going to College: Preparation for visit Visiting Southgate, Enfield Colleges Mock interviews</p> <p>Legal ages: Alcohol, Marriage, Left on own, baby sitting, Army</p> <p>Following instructions: Instruction Box Situations for giving and receiving instructions Students give and follow instructions Know left, right, forwards, backwards</p>