



There is so much for you to learn in this ever-evolving technological world. However, it is all too easy to miss out on practical life skills.

This unprecedented time off is the perfect opportunity to develop some of these skills that we might not have had time to do under 'normal' circumstances.

When all this is over, you don't want to look back at this as wasted time. You want to be proud of what you achieved and in a better place than you were when lockdown started.

On the following pages are a number of practical tasks that you may not have had a chance to do before or maybe you have just taken it for granted that your parents/carers do them.

Tick off the tasks that you get the chance to do.

Once you have done each one, take time to see how they link into our seven core values.



What do our values mean?

| Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ASPIRATIONAL | KIND | RESPONSIBLE | RESPECTFUL | RESILIENT/ HONEST | REFLECTIVE |
| <ul style="list-style-type: none"> • Striving to succeed. • Aiming high. • Working on future goals. • Proud of your achievements • Driven and motivated. • Working to the best of your ability. • Working with others collaboratively | <ul style="list-style-type: none"> • Smile. • Promoting happiness. • Helping others. • Promoting peace. • Offering a shoulder. • Listening. • Reaching out to someone. | <ul style="list-style-type: none"> • Taking ownership. • Being dependable. • Having courage. • Target setting. • Keeping a promise. • Accepting the consequences. • Being honest. | <ul style="list-style-type: none"> • Saying please and thank you. • Listening to each other. • Being considerate. • Being supportive of each other. • Taking into account other people's views and opinions. | <ul style="list-style-type: none"> • Keep trying. • Handling stress. • Taking action. • Asking for help. • Learning from mistakes. • Standing up for what you believe in. • Doing the right thing. | <ul style="list-style-type: none"> • Ability to review. • Knowing your next steps. • Taking a step back. • Knowing how to improve. • Set targets. • Know where you went wrong. |



Jobs around the house

- *Washing up or loading the dishwasher
- *Doing the clothes washing and hanging them out to dry
- *Ironing
- *Vacuuming around the house
- *Dusting and polishing
- *Tidying your bedroom

Gardening

- *Mow the lawn
- *Plant some seeds or bedding plants
- *Sweeping the path/yard
- *Paint a fence or wall

Cooking

*Try and make your family some of these tasty dishes.

- Chocolate brownie/Bread/Cake
- Fajitas/Curry/Stir Fry
- Spaghetti Bolognese/Carbonara
- Chilli/Shepherds Pie/Lasagne
- Roast Dinner

Use www.bbc.co.uk/food for some great recipes



Useful skills

*Learn First Aid online

<https://www.redcross.org.uk/first-aid>

*Learn sign language

<https://www.schoolofsignlanguage.com/learn-online/learn-online-free-only/>

*Start to build your CV

<https://www.livecareer.co.uk/build-cv?doctypecode=RSME>

*Create your own personal email address (check age restrictions)

*Sew a button onto a shirt or coat

<https://www.youtube.com/watch?v=xNy9hLC10NM>

Fun skills

*Teach yourself some magic!

<https://www.care.com/c/stories/4051/easy-magic-tricks-for-kids/>

*Try origami (making stuff with paper)

<https://origami.me/diagrams/>

*Learn how to juggle

<https://www.youtube.com/watch?v=rvxfXEHML4s>

*Draw a self portrait

<https://www.jerrysartarama.com/blog/tips-for-drawing-self-portraits/>

