**Independence/Life Skills**

At Middleton school we are always learning to improve our independence and practical life skills. Here are some suggested activities that you can practice whilst at home with your child.

**Helping around the house**

* Washing up
* Setting a table
* Pairing socks
* Hanging washing on a line/over a clothes horse
* Making a bed
* Hoovering
* Tidying up
* Helping to load and unload dishwasher/washing machine

**Cooking**

* Making breakfast (cereal/toast)
* Making a sandwich
* Baking cakes/biscuits
* Trying new foods/flavours

**Self care**

* Independent dressing
* Tying shoe laces
* Placing shoes on the correct feet
* Hair washing
* Cleaning Teeth