

## Life Skills and Mindfulness Tasks

I have loved seeing you helping out around your homes. If there is one thing I have learned so far, it is that grown ups need your help more than ever! No matter how smelly those socks are, unfortunately, they will not walk to the washing basket themselves! While the first set of life skills tasks I set were clearly a success, that doesn't mean they are a one off. You need to keep up with helping with washing dishes or loading the dishwasher, keep separating your clothes into darks, lights and colours ready to be washed. These tasks are such a big help! Here is the new list of tasks.

### Life Skills Activities

#### 1. Make yourself a simple meal or snack three times each week.

We already know that bread is the carbohydrate God, use it to make yourself a sandwich or some toast (do not put any cutlery in a toaster!). A simple bowl of cereal and milk for breakfast, cut some fruit, with permission from a grown up, make some pasta. Remember, before you make anything, always ask an adult and ALWAYS ask for supervision before using knives, cutlery or kitchen appliances.

#### 2. Wake yourself up, brush your teeth, and get dressed.

This one may sound a little silly. But, being able to wake yourself up in the morning is something you should be able to do. As you get older you will need to be able to get yourself up in the morning and not rely on your parents or carers to wake you up. Use your phone or tablet to set an alarm for the morning. If you don't have a phone or tablet ask someone in your home if they have an alarm clock you could borrow. This needs to be a daily task to be effective, not just a one off. After waking up, brush your teeth and get dressed without being prompted by a grown up.

#### 3. Learn how to use the washing machine.

In the last set of life skills activities you were tasked with separating your clothes into lights, darks, and colours and why it is important to do so. This week, you can extend on that by working with your parents and carers to put a load of washing on. Find out what buttons need to be pressed and where washing powder, fabric conditioner and anything else goes. Never use electrical appliances without adult supervision.

#### 4. Clean up after a family meal.

After you have had dinner, clear the dining table or collect your family's dishes and take them to the kitchen ready to be washed - you already know how to wash dishes so you could get started with the washing (ask for permission first, of course).

#### 5. Talk to an adult.

Have a conversation with your neighbour over the fence or wall or an adult you see on your daily exercise (keeping your 2 metre distance). I know this one seems a little silly too, but gaining confidence talking to adults outside of your family now will help you in the future if

you need to set up an appointment or meeting. Before you speak to anyone make sure your parents or carers have said it is ok to speak to this person. These conversations should NOT take place online. If you are contacted online, always tell an adult.

### 6. Learn the art of organising yourself and your belongings.

Every household with stairs has items at the bottom of the stairs or on the stairs that need to be taken upstairs but everyone always seems to walk past them. There is always a rogue pair of shoes hanging around in a doorway that haven't quite made their way back to their rightful place. This is where you come in. Look around your house, find those shoes, look at the forgotten items, and take them to their correct area in the house.

### 7. Manage a budget.

You understand how to manage a budget. You do so every day in school with our classroom economy. You see if it is worth paying £10 to take your shoes off for the last 3 minutes of a lesson or if you have enough money left to play that song or have that ICT task. In this email you will find an activity where you are given a budget and an activity to plan with a set amount of money. Good luck!

### 8. Learn basic first aid.

Learn how to dress a wound. Why is it important to clean the area? How do you put someone in the recovery position? Work with your parents, carers or siblings. Don't use the entire first aid kit, work with paper and sticky tape if you need to make a plaster. Think outside the first aid box for supplies. These are fictional injuries of course!

## Mindfulness Activities

We know that keeping a check on ourselves is really important, especially now. We need to keep our minds active but also be aware of when it's time to take a step back, take a look around, and appreciate what we have. Try some of these activities. If they work for you why not pass them on to a friend or family member to try?

### 1. Complete one random act of kindness each week.

If you're having a really down day, there's nothing better than something to make you smile.

During difficult times there's nothing better than the little things to cheer you up. Put smiles on the faces of those who are finding life difficult at the moment. Write a letter of thanks to the post man, bin men, or key worker in your area, make a bird feeder, wash your parents car, help around the house without being asked to, give a compliment, these are just ideas. Do as many as you can. Make someone smile today.

### 2. Leave uplifting and supportive messages around your area.

When you are out on your daily walks, pick up some stones or rocks. Take them home and write or paint some messages of support or uplifting messages for other people out on their daily walks to find. Everyone needs encouragement at the moment.

### 3. Be a 'Yes man' for a day.

For one day, answer yes to all questions for example: "Miss Roberts, can you set the table for dinner please?" "Yes, no problem". "Miss Roberts, can take the dishes from the table and take them to the kitchen please?" "Yes, of course." However, think about the question before answering with yes. If it is unreasonable or makes you uncomfortable, always say no and tell another adult or teacher.

### 4. Make your parents breakfast in bed.

Don't we all love cereal and fruit juice in the morning? Show your parents you appreciate them by making them a simple breakfast in bed.

### 5. Take a hike.

We are so lucky to live where we live, we have beautiful scenery around us. Go for a walk and find a scene you find particularly beautiful. Take a photo of it. Remember it. You'll need it later. Take this chance to stop everything going on in life and just enjoy nature and listen to the sounds of the surroundings. This is one of the best ways to explore what the world has to offer. Seeing different parts of the world will make you realise that there's more to life and that it is better lived with fun, adventure, and family.

### 6. Recreate the scene.

Look at the photo you have taken. Find something you can create art on or with. This doesn't need to be a piece of paper or a canvas. Think outside the box! Remember, art comes in lots of different forms. You don't always have to use pencils and paper. How about a patio slab, some mud or compost and your finger? How about rummaging in the recycling to create a junk model of the scene? Think outside the box!

### 7. Watch a documentary.

There are lots of amazing documentaries out there that really open your mind. Disney Nature have some brilliant documentaries that are available on Disney+ and YouTube. We all love dogs, there is a lovely documentary called 'Pick of the Litter' which follows five dogs from birth, through training to become Guide Dogs for people with visual impairments. 'March of the Penguins' is another lovely one which follows a flock of emperor penguins as they leave their oceanic habitat to march across the Antarctic tundra.

### 8. READ!

The ultimate mindfulness activity. Sit back, relax, and read a good book.