

Life Skills

Why

The term 'Life Skills' refers to the skills you need to make the most out of life.

Any skill that is useful in your life can be considered a life skill. Tying your shoe laces, swimming, driving a car and using a computer are, for most people, useful life skills.

Usually, the term 'life skills' is usually used for any of the skills needed to deal well and effectively with the challenges of life.

Life skills help our young people develop strategies and practice in many areas.

What



Independent Living -

Managing adult expectations and money.

Personal Safety - Recognising risky situations, how to manage them safely and how to get help.

Road Safety & Travel - Recognising how to be safe in the community when travelling.

Keeping Healthy - Recognising how to remain healthy through exercise, diet and well-being.

Personal Care - Building independent functional skills.

Leisure - Recognising different aspects of leisure and identifying appropriate ways to socialise.

Work Skills - Getting ready for the world of work




Resources



-  [Independent Living](#)
-  [Keeping Healthy](#)
-  [Personal Care](#)
-  [Leisure](#)

Weblinks

Learn more online here

-  [Healthy Recipes](#)
-  [Online Exercise](#)
-  [Motor Skills](#)



Challenge:

Choose 1 life skill and see how much you improve each week.

Independent Living

Choose a life skill to practice at home



Wash the dishes



Wash your own clothes

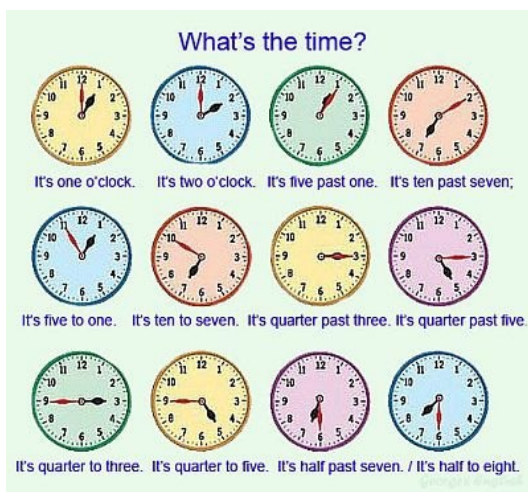


Make a shopping List



Independent Living

Choose a life skill to practice at home



Learn to tell the time



Tidy and Hoover a room



Make your own bed



Personal E- Safety

Learn how to keep yourself safe in the online virtual world



Being Safe on the Internet



Social Media Safety Rules



Gaming Advice and support



Keeping Healthy

Choose a life skill to practice at home



Make a simple meal



Learn a new exercise



Learn a new regulation tool



Personal Care

Choose a life skill to practice at home



Learn to tie your shoelaces



Learn to get dressed independently



Learn to do my own buttons or zips



Leisure Time

Choose a life skill to practice at home



Learn a card
game



Learn a new
board game



Learn a new
family game

