



Helping at home, being independent

Helping with jobs at home can be a great way to spend time together and engage with family members. There are lots of ways our pupils and students can participate with this, and below are some activities have been broken down into small steps to facilitate independence. Adults can manage the level of support their young person needs towards independence.

A tick chart may work as a lovely reminder of what has been achieved each day or what the daily expectations may be.

See the following websites for some ideas of chore charts – you can set up a free account on Twinkl to access the resources:

Step 1: Go to www.twinkl.co.uk/offer



Primary Resources - KS2, KS1, Early Years (EYFS) KS3, KS4, Twinkl

Instant access to inspirational lesson plans, schemes of work, assessment, interactive activities, resource packs, PowerPoints, teaching ideas at Twinkl!

www.twinkl.co.uk

Step 2: Enter the code CVDTWINKLHELPS

<https://www.twinkl.co.uk/resource/t-s-111-now-next-visual-aid>

<https://www.twinkl.co.uk/resource/t-c-299-chore-chart-for-home>

<https://www.twinkl.co.uk/resource/t-c-081-visual-timetable-for-home>

<https://www.twinkl.co.uk/resource/t-c-079-editable-mini-additional-visual-timetable-cards>

<https://www.twinkl.co.uk/resource/t-c-581-weekly-time-table>

<https://www.twinkl.co.uk/resource/t-c-081-visual-timetable-for-home>

<https://www.twinkl.co.uk/resource/t-c-006-editable-ks1-visual-timetable>

Helping at home and becoming independent activities:

Getting dressed:

- Take off pyjamas and put under pillow or in pyjama drawer
- Put on deodorant if old enough to do so
- Select appropriate clothes from a choice laid out or independently select clothes from wardrobe
- Dress as independently as possible

<https://www.twinkl.co.uk/search?term=getting+dressed+sequencing>

<https://www.twinkl.co.uk/resource/t-c-102-getting-dressed-routine-cards-boys>

<https://www.twinkl.co.uk/resource/t-c-101-getting-dressed-routine-cards-girls>

<https://www.twinkl.co.uk/resource/t3-s-262-getting-ready-in-the-morning-sequencing-activity-sheet>

Making own bed:

- Turn pillow/s over and give a shake or plump up on each short side
- Replace on the bed
- Smooth the sheet, walking around the bed to do the other side
- Walk to the foot of the bed and grasp the duvet or blanket at the bottom and give it a good shake
- Replace onto the bed and walk around each side of the bed, smoothing the duvet with both hands
- Replace any cushions or toys
- Fold any additional blankets and replace on the bed

Brushing own teeth:

- Take toothbrush from cup or dispenser
- Wet the bristles under the cold tap
- Squeeze the toothpaste onto the bristles – pea size
- Set a timer to brush teeth for two minutes
- Spit toothpaste into the basin and rinse toothbrush by running fingers through the bristles
- Replace and dry mouth

<https://www.twinkl.co.uk/resource/ar-us-a-94-brushing-teeth-step-by-step-instructions-arabic-english>

<https://www.twinkl.co.uk/resource/ar-t2-s-918-brushing-your-teeth-sequencing-cards-arabic-translation>

Showering or bath time:

- Get undressed, putting all clothes that are dirty (and all underwear) into the laundry basket
- Get bath towel ready and all bath toys if appropriate
- Wash own body as thoroughly as possible, starting with the face using a facecloth and then hair, and then working down to the torso, arms, legs and lastly, feet
- Let the water out the bath and carefully climb out of the bath or shower and use the towel to dry the body
- Apply cream or talcum powder and get dressed
- Hang up the bath towel and bath or shower mat

<https://www.twinkl.co.uk/resource/t-s-3861-bath-time-communication-board-visual-aid>

<https://www.twinkl.co.uk/resource/hand-washing-soap-experiment-ks2-t-tp-2549330>

<https://www.twinkl.co.uk/resource/t-s-1629-5-step-sequencing-cards-washing-hair>

Getting ready for bed:

- Follow the bath/shower routine if washing before bed
- Put on pyjamas as per the 'getting dressed sequence'
- Dry hair if it is wet
- Brush teeth as per the 'brushing teeth sequence'
- Go to the toilet
- Enjoy a story if that is part of the bedtime routine
- Switch off light and climb into bed

<https://www.twinkl.co.uk/resource/t-c-129-visual-timetable-getting-ready-for-bed---boys>

<https://www.twinkl.co.uk/search?term=bedtime+routine>

<https://www.twinkl.co.uk/resource/T-CR-24328-bedtime-routine>

Personal hygiene:

- Wake up and get out of bed
- Put on deodorant
- Get dressed as per 'getting dressed routine'
- Wash face using hands or a face cloth
- Dry face and apply face cream
- Brush hair
- Brush teeth as per 'brushing teeth' routine
- Washing hands

<https://www.twinkl.co.uk/search?term=personal+hygiene>

<https://www.twinkl.co.uk/resource/t3-s-262-getting-ready-in-the-morning-sequencing-activity-sheet>

<https://www.twinkl.co.uk/resource/us-a-189-keeping-clean-i-spy-activity>

<https://www.twinkl.co.uk/resource/t-tp-5332-eyfs-all-about-washing-your-hands-powerpoint>

<https://www.twinkl.co.uk/resource/t-tp-5353-eyfs-washing-your-hands-sequencing-activity-sheet>

<https://www.twinkl.co.uk/resource/t-tp-5336-wash-the-dirty-hands-activity>

<https://www.twinkl.co.uk/resource/t-tp-5346-pass-the-germ-handwashing-game>

<https://www.twinkl.co.uk/resource/t-m-096-when-to-wash-your-hands-display-sign>

Helping with the laundry:

- Putting own and others' clothes into the laundry basket
- Carrying the laundry basket to the washing machine when it is full
- Sorting the laundry into whites and colours
- Loading the machine
- Unloading the machine
- Helping to hang up the clothes
- Sorting the clothes by item or who they belong to
- Hang items onto coat hangers with required support and return to cupboards

<https://www.twinkl.co.uk/search?term=laundry>

<https://www.twinkl.co.uk/search?term=sorting+laundry>

<https://www.twinkl.co.uk/resource/t4-dt-135-washing-symbols-matching-cards>

<https://www.twinkl.co.uk/resource/us-t-s-1628-7-step-sequencing-cards-doing-laundry>

Setting the table:

- Set up snacks and pour cups or glasses of water or juice for family members
- Set the table for lunch or dinner with knives and forks for each family member
- Serve family members biscuits or a piece of fruit

<https://www.twinkl.co.uk/resource/roi2-a-28-doodle-draft-place-setting-activity-sheet>

<https://www.twinkl.co.uk/resource/t-t-5633-editable-animal-train-plate-and-cutlery-placemats>

Clearing up the table and stacking the dishwasher or washing the dishes:

- Put all cutlery into a washing up bowl and stack the plates if possible, otherwise carry each one in turn to the kitchen sink
- Squeeze washing up liquid into the washing up bowl and wash the cutlery with appropriate prompting from an adult
- When all the cutlery is washed, wash each plate in turn and stack into the drying rack
- Alternatively, stack all the cutlery with appropriate support into the dishwasher in the correct place
- Spread the cutlery out in the cutlery tray (an adult will take care of the sharps afterwards!)
- Use a cloth to wipe down work surfaces

Food preparation, food hygiene and healthy eating:

- Make sure an adult is always supervising a young person in the kitchen
- Discuss safety and dangers in the kitchen
- Encourage your young person to help with food preparation by finding items in the cupboard and fridge, opening or rinsing foods, discussing likes and dislikes as far as taste, texture and smell is concerned
- Discuss how some foods change completely when they have been cooked
- Discuss different ways the same ingredient can be prepared to taste different
- Encourage tasting of herbs, spices and condiments within reason
- Support the young person to read a recipe and participate in the presentation of a dish
- What side dishes support that meal? Our senior students vote each week for the main meal they would like to prepare, and coleslaw, garlic bread and baked beans are some of their favourite side dishes
- Explore home made options rather than store bought, eg making your own coleslaw
- Encourage students to keep work surfaces clean and wash up dishes as they are being used
- I have included some information on the food groups, healthy eating and healthy vs unhealthy foods as well as food group portions

<https://www.twinkl.co.uk/resource/cfe-h-011-dangers-in-the-kitchen-activity-sheet>

<https://www.twinkl.co.uk/resource/t-c-1606-kitchen-rules-help-keep-our-kitchen-running-smoothly>

<https://www.twinkl.co.uk/resource/t-t-5537-healthy-eating-divided-plate-sorting-activity>

<https://www.twinkl.co.uk/resource/t3-dt-31-keeping-food-safe-lesson-pack>

<https://www.twinkl.co.uk/resource/proper-food-hygiene-powerpoint-roi-sphe-28>

<https://www.twinkl.co.uk/resource/tgv2-sc-11-food-groups-30-second-video>

<https://www.twinkl.co.uk/resource/t-t-29225-healthy-or-unhealthy-sorting-powerpoint>

<https://www.twinkl.co.uk/resource/t2-s-1204-food-pyramid-powerpoint>

Tidying up, sweeping the floor, vacuuming, using a dustpan and brush

- As much as these activities may not be enjoyed, they encourage bilateral skills and hand – eye coordination
- Singing tidy-up songs may encourage participation for the whole activity and a tidy up activity may be worth two ticks on a chore chart or star chart
- Sort items that need to be tidied up eg stationery (pencils, felt tips, paper) and other toys or items into piles
- Replace each pile of items to their proper place
-

<https://www.twinkl.co.uk/resource/us-a-125-sweep-the-mess-activity>

<https://www.twinkl.co.uk/resource/t-c-445-tidy-up-cards>

<https://www.twinkl.co.uk/resource/au-c-032-tidy-up-job-cards>

<https://www.twinkl.co.uk/resource/t-c-093-class-tidy-up-checklist>

<https://www.twinkl.co.uk/resource/t-m-669-tidy-table-checklist>

Mindfulness:

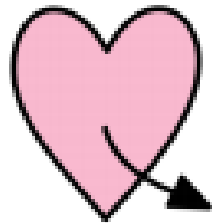
- A lovely way to end the day together

<https://www.twinkl.co.uk/resource/t-he-456-mindfulness-challenge-cards>

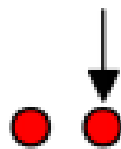
<https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack>

Why not keep a log of all the activities completed, with or without support to share when school goes back? Your teachers would love to celebrate these achievements with you.

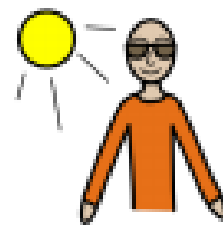
Getting dressed



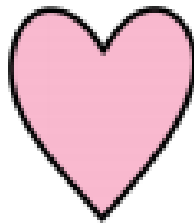
I want



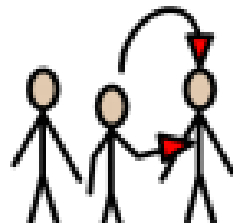
Another
choice



Too hot



I like it



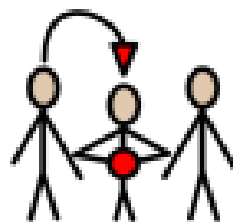
Your turn



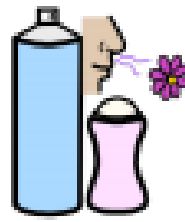
I'm cold



I don't like
it



My turn



Deodorant



Help

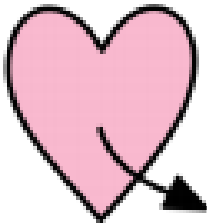


I can try

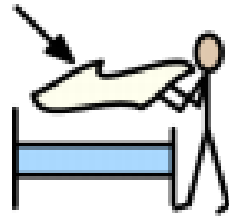


I did it!

Making my bed



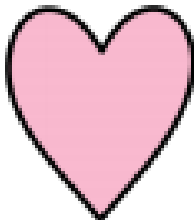
I want



Sheet



Duvet



I like it



Fluffy toys



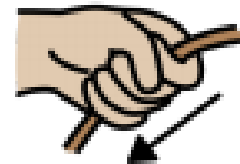
Blanket



Pillows



Shake



Pull



Help

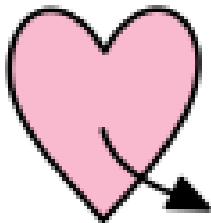


Smooth



I did it!

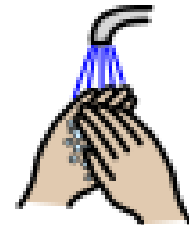
Brushing my teeth



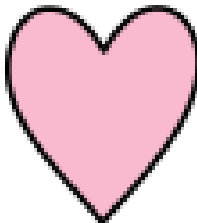
I want



Toothpaste



Rinse



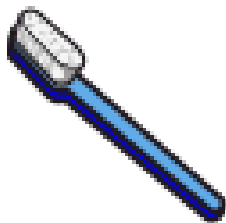
I like it



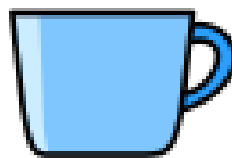
Water



Pat face dry



Toothbrush



Cup



Mouthwash



Help

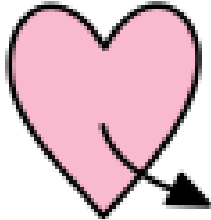


Spit

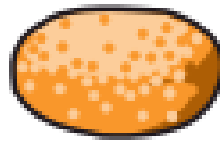


I did it!

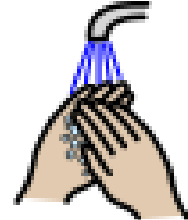
Shower or bath time



I want



Sponge



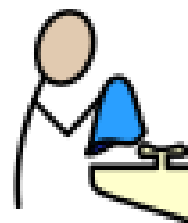
Rinse



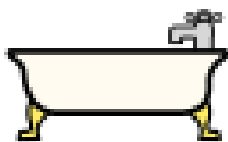
I like it



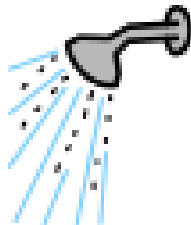
Water



Wash body



bath



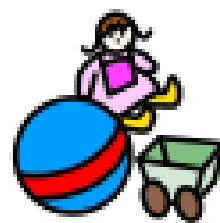
Shower



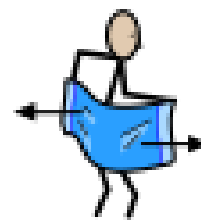
Wash hair



Help



Toys



dry

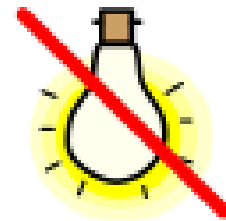
Getting ready for bed



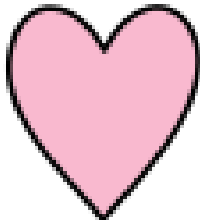
I want



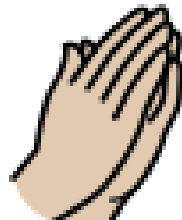
Story



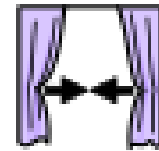
Light off



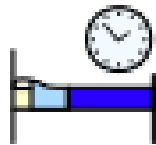
I like it



Prayer



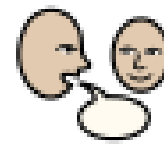
Close
curtains



Time for
bed



Pyjamas



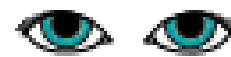
Say
goodnight



Help

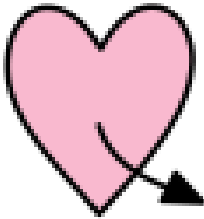


Tidy up

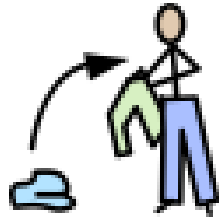


Close eyes

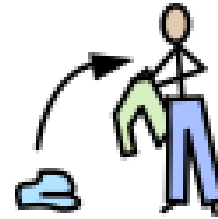
Personal hygiene



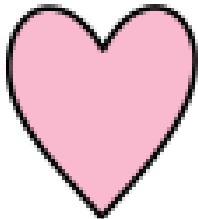
I want



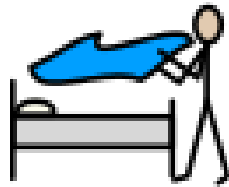
Get dressed



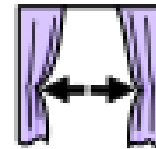
Get dressed



I like it



Make bed



Open
curtains



Get out of
bed



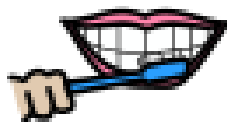
Fold
pyjamas



Deodorant
on



Help

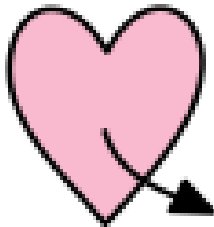


Brush teeth

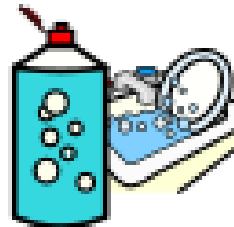


Wash face

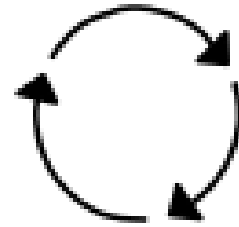
Helping with the laundry



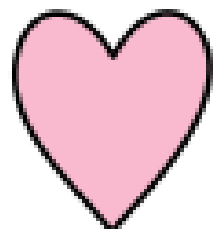
I want



Detergent



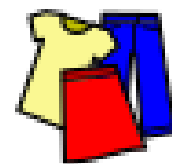
Wash cycle



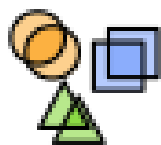
I like it



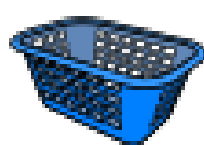
Washing
machine



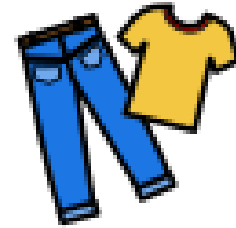
Hang
clothes



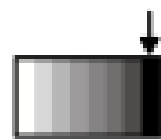
Sorting
clothes



Laundry
basket



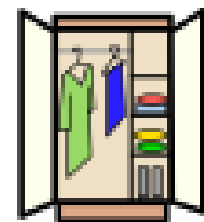
Fold clothes



Dark
colours

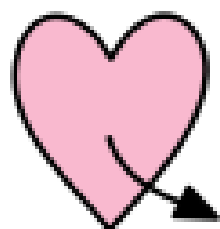


White
colour



Wardrobe

Setting the table



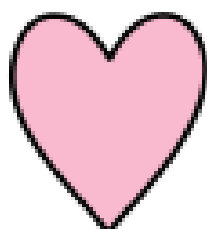
I want



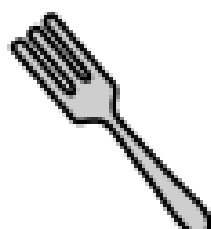
Knife



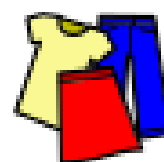
Cup



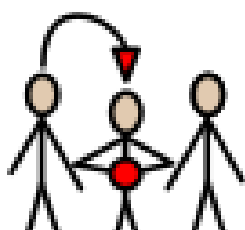
I like it



Fork



Hang
clothes



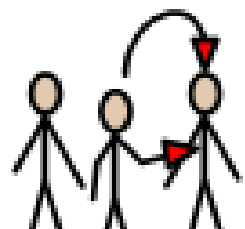
My turn



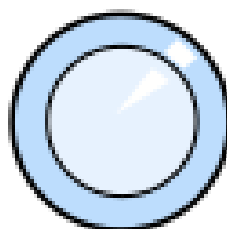
Spoon



Help



Your turn

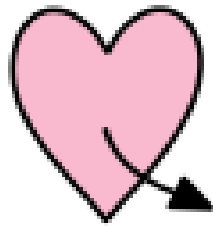


Plate

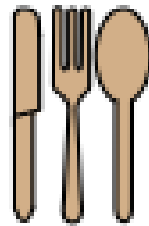


Condiments

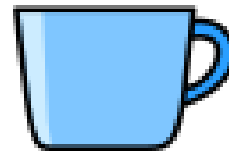
Clearing up the table,stacking the dishwasher, washing the dishes



I want



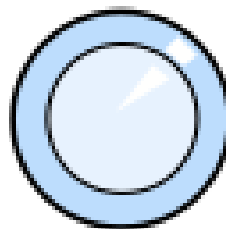
Cutlery



Cup



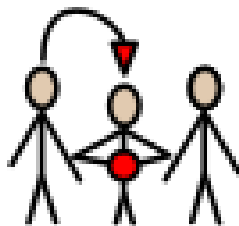
Bowl



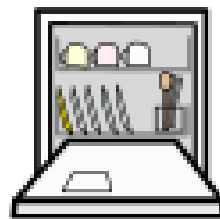
Plates



Wash up



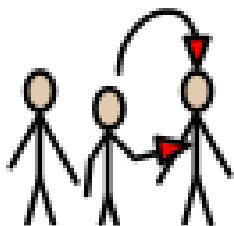
My turn



Dishwasher



Pack
dishwasher



Your turn

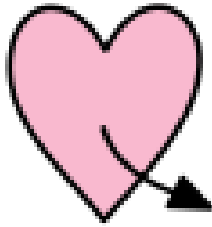


Sink



Condiments

Food prep, food hygiene and healthy eating



I want



Wash
hands



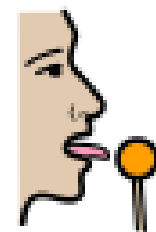
Recipe



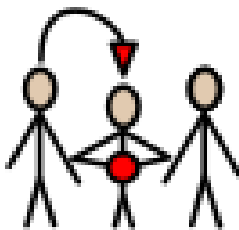
Bowl



Cut, slice,
chop



Taste



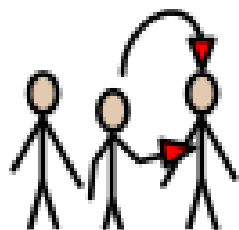
My turn



Cupboard



Fry, Bake,
roast



Your turn

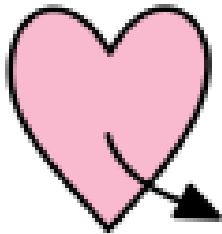


Fridge



Condiments

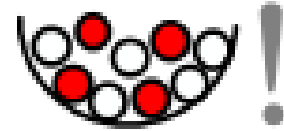
Snack and meal time



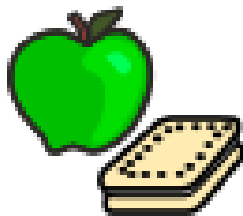
I want



Wash
hands



More



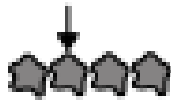
Snack



Cut, slice,
chop



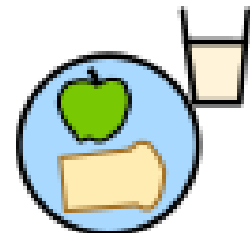
Breakfast



Something
from the ...



Cupboard



Lunch



Help

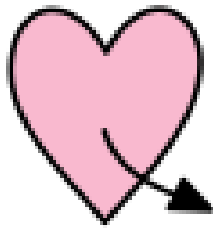


Fridge



Supper

Tidying up



I want



Wash
hands



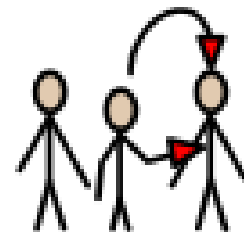
More



Sweeping



Uh oh!



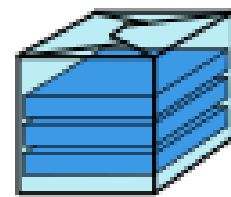
Your turn



Dustpan
and brush



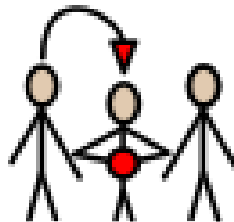
Vacuum



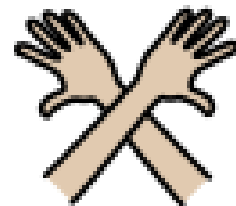
Pack away



Help

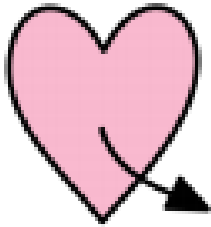


My turn

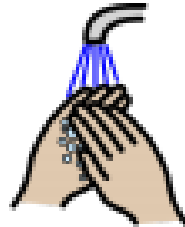


Finish

Mindfulness



I want



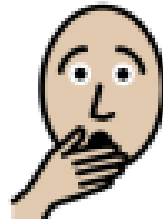
Wash hands



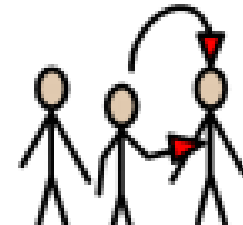
More



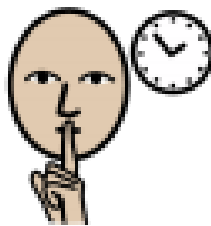
Relax



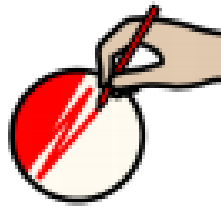
Uh oh!



Your turn



Quiet time



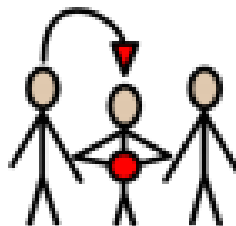
Colour in



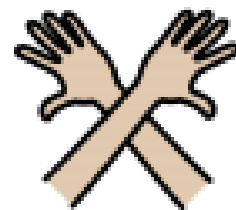
Breathe



Help



My turn



Finish