

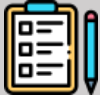


Subject: Lifeskills, Home Management

Phase: Upper School (Year 10 &11)

Welcome to the Lifeskills Super Curriculum. Below you will find a whole host of exciting things to do to develop your understanding and boost your knowledge of Lifeskills. We hope you enjoy doing this work. You might want to create a workbook, journal or presentation of the things you do. You will earn reward points if you can show your teacher.

READ 	WATCH 
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Clean with me podcast Clean With Me Podcast Series – Apple Podcasts Rock the housework podcast Guided Cleaning Podcasts Rock The Housework Create your own motivational cleaning soundtrack on Spotify Spotify - Web Player: Music for everyone	Help out at home, cleaning, dusting, Hoovering, mopping Ask to learn to use the washing machine and help to wash, dry, fold and iron washing (make sure you ask an adult first) Offer to cook a simple snack or meal, research a recipe (make sure you ask an adult first) Do some baking (make sure you ask an adult first) Wash, dry and put away the dishes Ask to be shown how to read the electricity and gas meter