

## Learning: Develop Life Skills

**Approximate time:** 20 minute tutor time session

**Materials:** Life skills handout

**Aim/outcome:** To encourage students to identify areas where they would like to develop skills.

### **Explanation:**

Using the handout ask students to circle life skills they have developed. E.g.

Cook a meal  
Get their school bag ready  
Walk the dog  
Wash their clothes  
Mow the lawn  
Iron a shirt  
Sit an exam  
Pay a bill  
Family food shop  
Buy clothes  
Make a cup of tea  
Buy new pair of shoes  
Look after your pet on your own  
Get up and go to school on your own  
Change a tyre on your bike etc.

- Discuss with students why they think these life skills are important.
- Ask students to consider a life skill they would like to develop.
- Plan and break down into achievable small steps ways they are going to develop this life skill
- Ask students to set a challenge with their tutor group to try out their new skill

### **Expansion activity:**

As a class think of a business idea and start that business.

### **One-to-one:**

Using two different coloured pens, ask the student to circle what life skills they are good at in one colour and in the other colour circle what life skills they would like to develop. Then discuss the questions above.

**Students say:** Make this activity fun. Tell students it is ok if they do not have the skills to do some of the things on the list. The purpose of the exercise is to encourage students to think about skills they would like to develop and not feel ashamed if they have not developed those skills.

**Develop life skills handout**

Using this handout, go around the room and find students who can do the following things:

<b>Make a cup of tea</b>	<b>Cook a family meal</b>	<b>Walk the dog</b>
<b>Wash your clothes</b>	<b>Mow the lawn</b>	<b>Get ready for school</b>
<b>Iron a shirt</b>	<b>Pay a bill</b>	<b>Sit an exam</b>
<b>Buy own clothes</b>	<b>Change a light bulb</b>	<b>Do the shopping</b>
<b>Plant and grow seeds</b>	<b>Make and pack your own lunch</b>	<b>Look after a pet</b>
<b>Bake a cake</b>	<b>Give a presentation</b>	<b>Fix a fuse on a plug</b>
<b>Sew up a whole in your clothes</b>	<b>Write a letter</b>	<b>Read a book</b>