



## **Useful Independence Activities to Focus on at Home**

### **Shopping**

Writing a shopping list

Finding items in the shop from the list

Recognising coins and notes

Shopping activities – baskets, trolleys, weighing

Signs in aisles

How to use self-service tills in supermarkets

Shopping vocabulary – cheap expensive offers

Spatial awareness in aisles looking at where you are going

Communicating with shop assistants at the tills and during shopping – how to do this, who to approach. Asking for help. Useful scripts.

### **Personal Hygiene and Health**

Personal hygiene products – appealing to preferred senses e.g. – colour and shapes, smell, touch etc.

Social preferences / unwritten rules centred around personal hygiene

Colds and dealing with feeling unwell – responsibility (catch it, kill it, bin it).

### **Out in the Community**

Road safety – practising stop look listen.

Environmental awareness – stranger danger

Using public transport – what to do before, during and alighting

### **Cooking**

Cooking – basic snack-making and utensils

Importance of hygiene – hand washing, hair, washing up, importance of clean surfaces.

Refrigerating foods that need to be.

### **Around the home.**

Housework – how to; vacuum, clean surfaces, polish, use an iron (if appropriate).

Making a bed, changing a bed

### **Time**

Telling the time – analogue to hour, half-hour, quarter hour, To and Past.

Using digital time – TV programme guides, timetables

Estimating time during short and long journeys in the car, on public transport or walking.