



My

Life

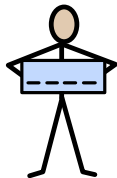


skills



Booklet

L2



Name



This booklet is designed to highlight the progression our students make in their life skills over their time at school.

Please date when they have started a target and then again when they have achieved it. Both staff and student can sign to say it is completed. There is space on the back of each page for any photos that show how the target was met.



+



Healthy Living


















and

Personal Care

Target



I CAN PUT MY COAT ON BY MYSELF

 I can  put my coat on by  myself	 Finish  Signed
 I can  take my coat off by  myself	 Finish  Signed
 I can  hang  my  coat  up by myself	 Finish  Signed



Healthy Living



and



Personal Care



Target



I CAN



PUT





















MY

JUMPER

ON BY



MYSELF

 I can	 put	 my	 jumper	 Finish
 on	 by	 myself		 Signed
 I can	 take	 my	 jumper	 Finish
 off	 by	 myself		 Signed



Healthy Living

+

and



Personal Care



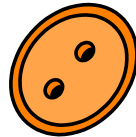
Target



I CAN



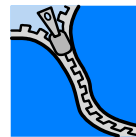
FASTEN



MY

+

BUTTONS



AND



ZIPS

BY

MYSELF


















 I can	 zip	 my	 clothes	 Finish Signed
 I can	 unzip	 my	 clothes	 Finish Signed
 I	 can	 do up	 buttons on my	 Finish Signed
 I can	 undo buttons	 on my	 clothes	 Finish Signed



Healthy Living and Personal Care Target



I CAN GO TO THE TOILET BY MYSELF

 I  am  clean +  dry during the  day	 Finish  Signed
 I can ask for the toilet  appropriately	 Finish  Signed
 I can ask for help	 Finish  Signed
 I can go to the toilet	 Finish  Signed



Healthy Living



and



Personal Care



Target



I CAN



GO TO THE TOILET

BY



MYSELF



I can



wipe



myself



Finish



Signed



I can



flush

the



toilet



Finish



Signed



I can



wash



and



dry my hands



Finish



Signed



Healthy Living



and



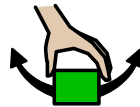
Personal Care



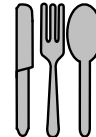
Target
























I CAN



USE



A KNIFE AND FORK

 I can	 hold	a	 fork	 Finish	 Signed		
 I can	 use	a	 fork	to stab	 food	 Finish	 Signed
 I can	 hold	a	 knife and fork	 Finish	 Signed		
 I can	 cut	with a	 knife	 Finish	 Signed		



+

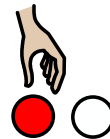


Healthy Living

and

Personal Care

Target



I CAN






















MAKE

HEALTHY

CHOICES

WITH

HELP

 I can	 eat	 healthy foods	 Finish  Signed		
 I can	 understand	 the need for a	 Finish  Signed		
	 variety of	 food			
 I	 show	 good	 eating,	 sleeping	 Finish  Signed
	 and	 hygiene			



Independent Living



and



Personal Safety



Target



I CAN



KEEP

MYSELF



SAFE

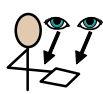
WITH



SUPPORT



I can



show

that



I



need



help



Finish



Signed



I can



move



around



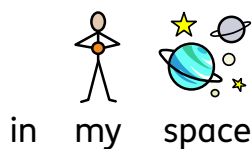
safely



Finish



Signed



in my space



Independent Living



and



Personal Safety



Target



I CAN



DEVELOP



MY



INDEPENDENCE











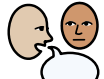












IN



KNOWN



PLACES

 I can  choose  and  use  resources	 Finish  Signed
 I can  talk to  unfamiliar  people	 Finish  Signed
 I  am more  confident  in  new  situations	 Finish  Signed



Independent Living

and

Personal Safety

Target



I CAN

























BE

CONFIDENT

IN

KNOWN

PLACES

 I can  talk to  children when  playing	 Finish  Signed
 I can  ask  adults for  help	 Finish  Signed
 I can  speak to  people about  my  needs	 Finish  Signed
 I can be  positive about  myself	 Finish  Signed



Independent Living



and



Personal Safety



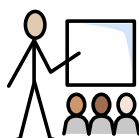
Target



I CAN



RECOGNISE



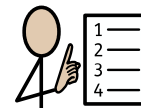
CLASS
























AND

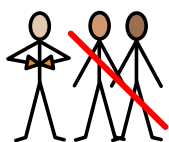


SCHOOL



RULES

 I can	 show understanding of	 rules	 Finish
 I can	 stop	 myself	 from doing
 something	 I shouldn't		 Finish
 I can	 adapt	 my	 behaviour
 I	 know	 class	 rules
			 Finish
			 Signed



Independence

in the



Community



Target



I CAN



RECOGNISE

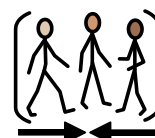
KEY


























PEOPLE



AND



EVENTS

 I can  show interest in  people	 Finish  Signed
 I can  talk about  family and  friends	 Finish  Signed
 I can  remember  events in  my life	 Finish  Signed
 I can  talk about  special  times	 Finish  Signed



Independence



in the

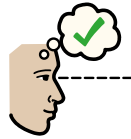
Community



Target



I CAN



RECOGNISE






























FAMILY

+

AND



COMMUNITY

 I can  show interest  in different  ways of life	 Finish  Signed
 I  know  what makes  me and  family  special	 Finish  Signed
 I  enjoy  joining  celebrations	 Finish  Signed
 I can  recognise  my  different  groups	 Finish  Signed



Independence

in the



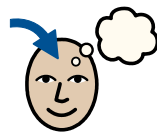
Community



Target



I


































AM

LEARNING

ABOUT THE



WORLD

 I can  ask questions about  my  world	 Finish  Signed
 I can  talk about what  I  have seen	 Finish  Signed
 I can  talk about how  things  work	 Finish  Signed
 I can  recognise  growth +  change	 Finish  Signed
 I can  respect  other  people's  beliefs	 Finish  Signed



Independence

in the



Community



Target



I CAN



ACCESS

THE



COMMUNITY

WITH



HELP

<div data-bbox="304 824 379 898" data-label="Image"></div> <div data-bbox="304 898 379 931" data-label="Text"><p>I can</p></div> <div data-bbox="411 824 486 898" data-label="Image"></div> <div data-bbox="411 898 486 931" data-label="Text"><p>move</p></div> <div data-bbox="502 898 598 931" data-label="Text"><p>around</p></div> <div data-bbox="619 824 703 898" data-label="Image"></div> <div data-bbox="619 898 703 931" data-label="Text"><p>school</p></div> <div data-bbox="454 981 550 1055" data-label="Image"></div> <div data-bbox="411 1055 592 1093" data-label="Text"><p>independently</p></div>	<div data-bbox="810 846 874 880" data-label="Image"></div> <div data-bbox="810 880 879 918" data-label="Text"><p>Finish</p></div> <div data-bbox="815 987 879 1032" data-label="Image"></div> <div data-bbox="810 1032 890 1070" data-label="Text"><p>Signed</p></div>
<div data-bbox="268 1144 343 1218" data-label="Image"></div> <div data-bbox="268 1218 343 1252" data-label="Text"><p>I can</p></div> <div data-bbox="359 1218 400 1252" data-label="Text"><p>be</p></div> <div data-bbox="416 1144 491 1218" data-label="Image"></div> <div data-bbox="416 1218 491 1252" data-label="Text"><p>safe</p></div> <div data-bbox="507 1218 582 1252" data-label="Text"><p>in the</p></div> <div data-bbox="598 1144 703 1218" data-label="Image"></div> <div data-bbox="598 1218 746 1252" data-label="Text"><p>community</p></div> <div data-bbox="400 1301 464 1346" data-label="Image"></div> <div data-bbox="384 1346 480 1397" data-label="Text"><p>next to</p></div> <div data-bbox="496 1346 528 1397" data-label="Text"><p>an</p></div> <div data-bbox="555 1301 619 1346" data-label="Image"></div> <div data-bbox="555 1346 619 1397" data-label="Text"><p>adult</p></div>	<div data-bbox="810 1160 874 1193" data-label="Image"></div> <div data-bbox="810 1193 879 1232" data-label="Text"><p>Finish</p></div> <div data-bbox="815 1301 879 1346" data-label="Image"></div> <div data-bbox="810 1346 890 1384" data-label="Text"><p>Signed</p></div>
<div data-bbox="279 1442 354 1516" data-label="Image"></div> <div data-bbox="279 1516 354 1550" data-label="Text"><p>I can</p></div> <div data-bbox="375 1516 523 1550" data-label="Text"><p>show some</p></div> <div data-bbox="571 1442 646 1516" data-label="Image"></div> <div data-bbox="544 1516 730 1550" data-label="Text"><p>awareness of</p></div> <div data-bbox="464 1599 539 1673" data-label="Image"></div> <div data-bbox="454 1673 550 1711" data-label="Text"><p>danger</p></div>	<div data-bbox="810 1464 874 1498" data-label="Image"></div> <div data-bbox="810 1498 879 1536" data-label="Text"><p>Finish</p></div> <div data-bbox="815 1606 879 1650" data-label="Image"></div> <div data-bbox="810 1650 890 1688" data-label="Text"><p>Signed</p></div>



Independence



in the Community



Target



I CAN



































GAIN



ATTENTION



APPROPRIATELY

 I can  find  comfort  from know  adults	 Finish  Signed
 I can  start conversations  and  listen	 Finish  Signed
 I can  explain  my  ideas	 Finish  Signed
 I can  ask questions	 Finish  Signed
 I can  recognise  when  to say  please  and  thank you	 Finish  Signed



Independence

in the



Community



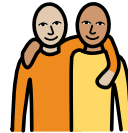
Target














I CAN



BUILD



FRIENDSHIPS

 I can  demonstrate  friendly  behaviour	 Finish  Signed
 I can  resolve conflict  with friends	 Finish  Signed



Independence

in the



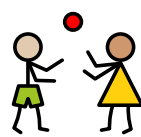
Community



Target



I CAN



PLAY



WITH OTHERS



I can



play



in a group



Finish

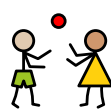


Signed



I can

initiate



play



Finish



Signed



I can



take turns



Finish



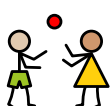
Signed



I can



keep



play

going



Finish



Signed



I can



share



favourite



items



Finish



Signed



Independence

in the



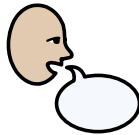
Community



Target



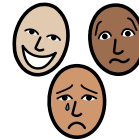
I CAN




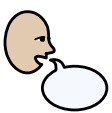

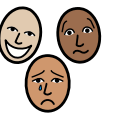





















EXPRESS



MY



FEELINGS

 I can  express  my  feelings	 Finish  Signed
 I can  react to  the feelings  of others	 Finish  Signed
 I  try  to make people  feel  better	 Finish  Signed
 I can  distract  myself  when sad	 Finish  Signed



Independence

in the



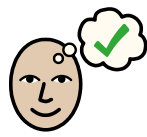
Community



Target



I CAN



UNDERSTAND



HOW



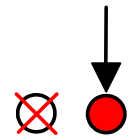
MY






























ACTIONS



AFFECT



OTHERS

 I  know  some actions  hurt  others	 Finish  Signed
 I  am starting to  understand  my  actions  affect  others	 Finish  Signed
 I  try  to solve  problems without  getting cross	 Finish  Signed
 I can  say sorry	 Finish  Signed



Careers



and



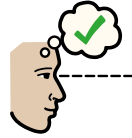
Job Skills



Target



I CAN



RECOGNISE



THINGS



I



AM

GOOD



AT



I can



name



at



least



2



things



I



am



good



at



in school.



Finish



Signed



I can



name



at



least



2



things



I



am



good



at



out of



school.



Finish



Signed



I can



explain



how



doing



something



I



am



good



at



makes



me



feel.



Finish



Signed



I can



give



reasons



why



I

am



special.



Finish



Signed



I can



name



ways



I



am



different



to

1

one

of

my

friends.



Finish



Signed



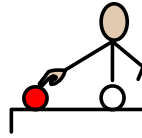
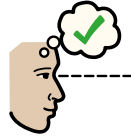
Careers

and

Job

Skills

Target



I CAN

RECOGNISE

JOBS

THAT

MAKE UP

MY



COMMUNITY



I can



identify



the



different



roles



in school



and



these



jobs



contribute



to



school

life.



Finish



Signed



I can



recognise



a



range



of



different



jobs



in



my



local



community.



Finish



Signed



I can



identify



the



jobs



of



those



in



the emergency services.



Finish



Signed



Careers



and



Job

Skills



Target



I CAN



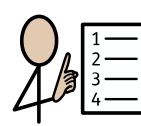
IDENTIFY



AND



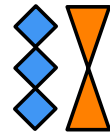
RESPECT



RULES



























































IN



DIFFERENT






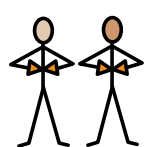
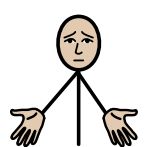

PLACES

 I can  identify  rules  we  have  in  the  classroom.	 Finish  Signed
 I can  identify  rules  we  have  at  home.	 Finish  Signed
 I can  understand  rules  are  in  place  to  keep  us  safe.	 Finish  Signed
 I can  identify  positive  consequences  for  abiding  by  the  rules  in  familiar  situations.	 Finish  Signed
 I can  identify  negative  consequences  for  breaking the rules  in  familiar  situations.	 Finish  Signed

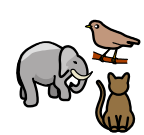






































































Careers and Job Skills Target

I CAN NAME WAYS WE NEED TO LOOK AFTER

ANIMALS AND THE ENVIRONMENT

 I can  describe  out  own  home   explain	 Finish
 how  we  our  family members  take care of it.	 Signed
 I can  name  at  least  2  reasons  why it is	 Finish
 important  to  look after  animals.	 Signed
 I can  name  at  least  2  reasons  why it is	 Finish
 important  to  look after  plants.	 Signed
 I can  name  at  least  2  ways  we	 Finish
 can  look after  our  school  environment.	 Signed
 I can  identify  a  routine  of  taking care of a	 Finish
 pet.	 Signed



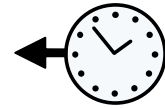
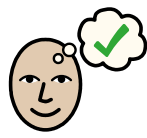
Careers

and

Job

Skills

Target



I CAN

UNDERSTAND

MONEY

CAN

BE

USED TO



BUY

DIFFERENT

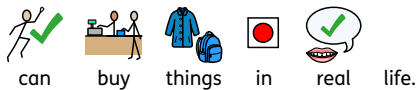
THINGS.



I can name at least 3 places we



Finish



can buy things in real life.



Signed



I can name at least 3 places we



Finish



can buy things online.



Signed



I can name at least 2 ways to keep



Finish



your money safe.



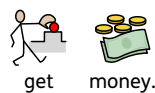
Signed



I can name at least 2 ways you can



Finish



get money.



Signed



I can name at least 3 things adults



Finish



have to buy to help us live.



Signed



Careers



and



Job Skills



Target



I CAN



NAME



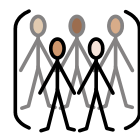
THE

































































BENEFITS

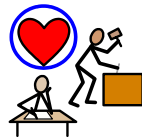


OF BEING IN A



GROUP.



Careers



and



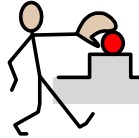
Job Skills



Target



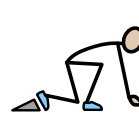
I CAN



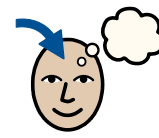
GET



MYSELF



READY



FOR LEARNING



I can



get

a



pen,



glue stick,



scissors etc



Finish



Signed



I can



recognise



symbols

on the



timetable



Finish



Signed



I can



recognise



times

of the



day



based on lessons



Finish



Signed



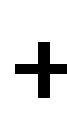
Careers

and

Job

Skills

Target



I CAN

































































TALK ABOUT

MY

LIKES

AND

DISLIKES.

	 Finish
 I can  identify  which  subjects  in school  I  like.	 Signed
 I can  identify  we  subjects  in school  I  don't like.	 Finish  Signed
 I can  identify  activities  and  interests  out of  school  I  like.	 Finish  Signed
 I can  identify  activities  and  interests  out of  school  I  don't like.	 Finish  Signed
 I can  recognise  if  there  is a  pattern  to  what  I  like.	 Finish  Signed
 I can  recognise  if  there  is a  pattern  to  what  I  don't like.	 Finish  Signed