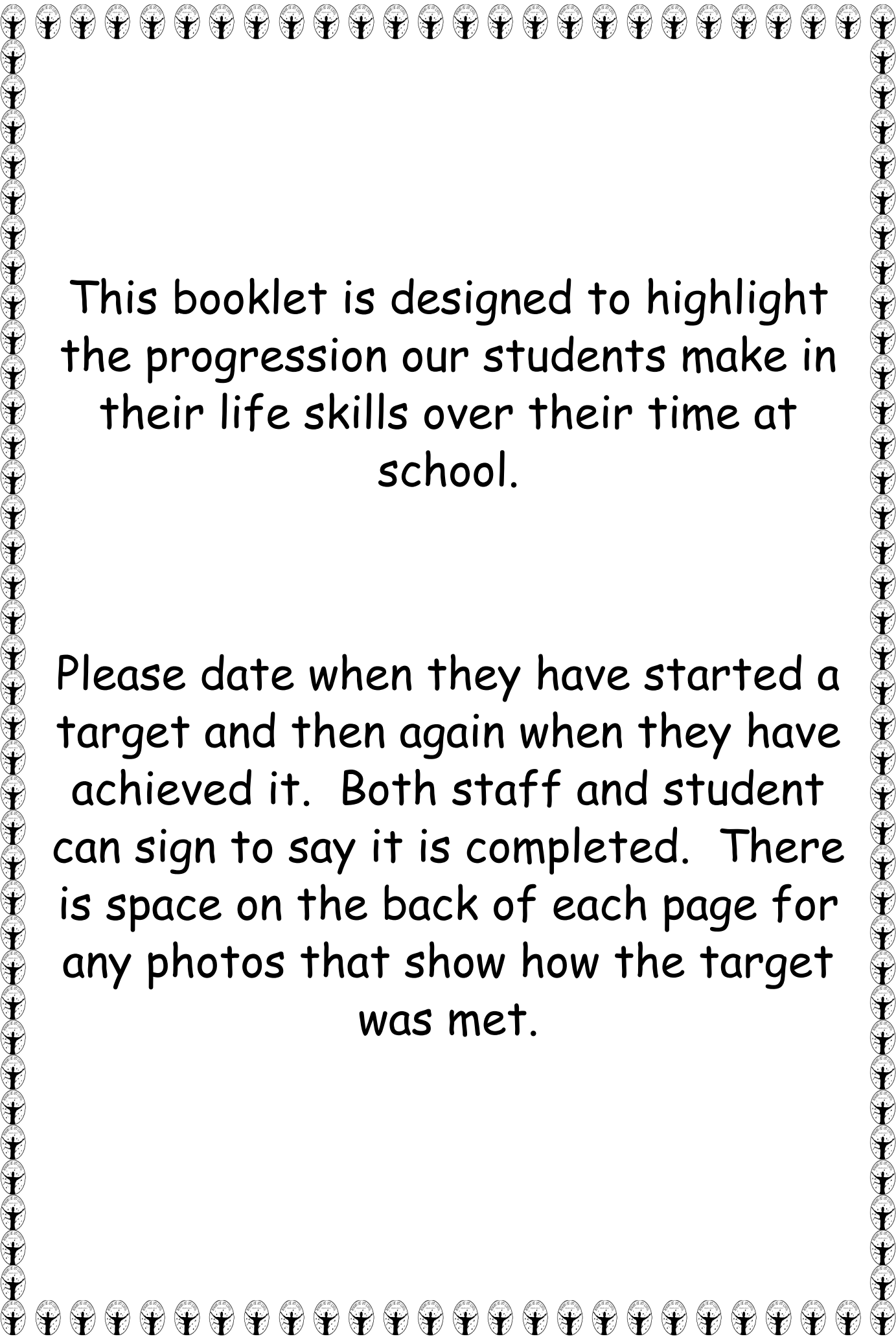


Name _____

My Life Skills Booklet Level 3



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



OVERALL TARGET



I can make healthy choices independently

I can recognise
the right food &
exercise help
keep us healthy

Date Started _____

Date Finished _____

Signed _____

I can name the
food groups in a
healthy diet

Date Started _____

Date Finished _____

Signed _____

I can recognise
the importance
of portion size

Date Started _____

Date Finished _____

Signed _____

Healthy Living and Personal Care

OVERALL TARGET

I can make a healthy meal with support

I can choose a simple healthy meal from a small selection

Date Started _____

Date Finished _____

Signed _____

I can recognise the ingredients I need

Date Started _____

Date Finished _____

Signed _____

I can prepare the ingredients with support

Date Started _____

Date Finished _____

Signed _____

I can cook the ingredients with support

Date Started _____

Date Finished _____

Signed _____

Healthy Living and Personal Care



OVERALL TARGET



I can recognise the importance of exercise

I can recognise
different exer-
cises (cardio/
strength etc)

Date Started _____

Date Finished _____

Signed _____

I can recognise
the importance
of regular
exercise

Date Started _____

Date Finished _____

Signed _____

Healthy Living and Personal Care



OVERALL TARGET



I can recognise signs of being unwell

I can recognise signs
of common illnesses

Date Started _____

Date Finished _____

Signed _____

I can recognise
the importance of
sleep in keeping
healthy

Date Started _____

Date Finished _____

Signed _____

Healthy Living and Personal Care

OVERALL TARGET

I can recognise alcohol and soft drinks

I can recognise
different soft
drinks

Date Started _____

Date Finished _____

Signed _____

I can recognise
different alcoholic
drinks

Date Started _____

Date Finished _____

Signed _____

Healthy Living and Personal Care



OVERALL TARGET



I can recognise smoking products

I can recognise
different things
people smoke
(vapes/ cigarettes
etc)

Date Started _____

Date Finished _____

Signed _____

I can recognise
these are bad for
me

Date Started _____

Date Finished _____

Signed _____

Healthy Living and Personal Care



OVERALL TARGET



I can recognise the importance of medicine and first aid

I can recognise legal medicines and drugs

Date Started _____

Date Finished _____

Signed _____

I can understand when to call 999

Date Started _____

Date Finished _____

Signed _____

I can apply simple first aid (ice pack/plaster)

Date Started _____

Date Finished _____

Signed _____

Healthy Living and Personal Care

OVERALL TARGET

I can recognise the changes of puberty on my body with support

I am aware of how my body will change

Date Started _____

Date Finished _____

Signed _____

I am aware of emotional changes

Date Started _____

Date Finished _____

Signed _____

I am aware of the menstrual cycle and its affects on the body

Date Started _____

Date Finished _____

Signed _____

Independent Living and Personal Safety

OVERALL TARGET

I can recognise rules in different places

I can recognise
how rules keep us
safe

Date Started _____

Date Finished _____

Signed _____

I can recognise
rules I the wider
community

Date Started _____

Date Finished _____

Signed _____

I can identify
what might happen
if we don't follow
the rules

Date Started _____

Date Finished _____

Signed _____

Independent Living and Personal Safety

OVERALL TARGET

I am beginning to show an awareness of danger

I can recognise
and react to some
common danger
(broken glass etc)

Date Started _____

Date Finished _____

Signed _____

I can name some
things that are
dangerous

Date Started _____

Date Finished _____

Signed _____

I can identify
tools that are
dangerous

Date Started _____

Date Finished _____

Signed _____

I can identify
dangerous places
to play in the
community

Date Started _____

Date Finished _____

Signed _____

Independent Living and Personal Safety

OVERALL TARGET

I am beginning to show an awareness of danger

I can describe how
to use electrical
appliances safely

Date Started _____

Date Finished _____

Signed _____

Independent Living and Personal Safety

OVERALL TARGET

I can recognise when things are dirty or clean

I can recognise
when things are
dirty

Date Started _____

Date Finished _____

Signed _____

I can recognise
when things are
clean

Date Started _____

Date Finished _____

Signed _____

I can clean simple
resources with
support

Date Started _____

Date Finished _____

Signed _____

Independent Living and Personal Safety

OVERALL TARGET

I can make a simple drink for myself

I can make a cold
drink with support

Date Started _____

Date Finished _____

Signed _____

I can make a hot
drink with support

Date Started _____

Date Finished _____

Signed _____

Independent Living and Personal Safety

OVERALL TARGET

I can put equipment away safely

I can recognise
where equipment
is stored

Date Started _____

Date Finished _____

Signed _____

I can put equipment
away in its proper
place independently

Date Started _____

Date Finished _____

Signed _____

Independent Living and Personal Safety

OVERALL TARGET

I can tie my laces by myself

I can tie a knot in
my laces

Date Started _____

Date Finished _____

Signed _____

I can make a loop in
my laces

Date Started _____

Date Finished _____

Signed _____

I can thread the
loops together

Date Started _____

Date Finished _____

Signed _____

Independent Living and Personal Safety

OVERALL TARGET

I can understand who to go to for help when online

I can recognise dangerous situations online with support

Date Started _____

Date Finished _____

Signed _____

I can recognise who to go to if I see/hear something I don't like

Date Started _____

Date Finished _____

Signed _____

Independent Living and Personal Safety

OVERALL TARGET

I can take part in team activities with support

I can share resources with support

Date Started _____

Date Finished _____

Signed _____

I can work with others with support

Date Started _____

Date Finished _____

Signed _____

I can share ideas with a small group with support

Date Started _____

Date Finished _____

Signed _____

Independent Living and Personal Safety

OVERALL TARGET

I can use my cutting and sticking skills in different scenarios

I can cut shapes out of material

Date Started _____

Date Finished _____

Signed _____

I can stick different materials together using glue

Date Started _____

Date Finished _____

Signed _____

I can stick on buttons/ details using glue

Date Started _____

Date Finished _____

Signed _____

Independence in the Community

OVERALL TARGET

I can recognise my community and the groups I belong to

I can talk about the things I do in the groups I belong to

Date Started _____

Date Finished _____

Signed _____

I can describe how being part of a group makes me feel

Date Started _____

Date Finished _____

Signed _____

I can identify how different groups make up the community

Date Started _____

Date Finished _____

Signed _____

I can identify how to make people feel welcome in my groups

Date Started _____

Date Finished _____

Signed _____

Independence in the Community



OVERALL TARGET



I can access my community

I know the basic
rules of the road

Date Started _____

Date Finished _____

Signed _____

I can use pedestrian
crossings with support

Date Started _____

Date Finished _____

Signed _____

I can access known
places in the local
area with support

Date Started _____

Date Finished _____

Signed _____

I can start to use
public transport
with support

Date Started _____

Date Finished _____

Signed _____

Independence in the Community

OVERALL TARGET

I can share personal information

I can say my
address

Date Started _____

Date Finished _____

Signed _____

I can say my home
phone number

Date Started _____

Date Finished _____

Signed _____

I can write my
address

Date Started _____

Date Finished _____

Signed _____

I can write my
home phone
number

Date Started _____

Date Finished _____

Signed _____

Independence in the Community

OVERALL TARGET

I can understand and use the school timetable

I can recognise
significant times
of the using times
on the clock

Date Started _____

Date Finished _____

Signed _____

Independence in the Community

OVERALL TARGET

I can say activities I like and dislike

I can say activities
I like to do

Date Started _____

Date Finished _____

Signed _____

I can say activities I
don't like to do

Date Started _____

Date Finished _____

Signed _____

Emotional Understanding & Relationships

OVERALL TARGET

I can express my feelings & recognise those of others

I can recognise when I and others are feeling sad or happy

Date Started _____

Date Finished _____

Signed _____

I can match emotions to faces

Date Started _____

Date Finished _____

Signed _____

I can share what I would do if treated unkindly

Date Started _____

Date Finished _____

Signed _____

Emotional Understanding & Relationships

OVERALL TARGET

I can recognise causes of emotions

I can recognise
when I have made
someone feel happy/
sad

Date Started _____

Date Finished _____

Signed _____

I can say what has hap-
pened to cause these
feelings

Date Started _____

Date Finished _____

Signed _____

I can recognise
that my actions
have caused emo-
tions in others

Date Started _____

Date Finished _____

Signed _____

Emotional Understanding & Relationships



OVERALL TARGET



I can make a simple choice

I can make a choice
between two or
three objects

Date Started _____

Date Finished _____

Signed _____

I can say give a reason
for my choice

Date Started _____

Date Finished _____

Signed _____

Emotional Understanding & Relationships

OVERALL TARGET

I can identify ways to manage conflict with support

I can work with a trusted adult to come up with strategies

Date Started _____

Date Finished _____

Signed _____

I can recognise what help I need to stay calm

Date Started _____

Date Finished _____

Signed _____

Emotional Understanding & Relationships

OVERALL TARGET

I can begin to recognise peer pressure with support

I can join group activities that make me happy

Date Started _____

Date Finished _____

Signed _____

I can recognise when people say "no" or "stop"

Date Started _____

Date Finished _____

Signed _____

I can try to play within the rules of a game

Date Started _____

Date Finished _____

Signed _____

Emotional Understanding & Relationships

OVERALL TARGET

I can recognise different people in my life

I can recognise my family and friends

Date Started _____

Date Finished _____

Signed _____

I can recognise different people who help me

Date Started _____

Date Finished _____

Signed _____

I can talk about my family

Date Started _____

Date Finished _____

Signed _____

Emotional Understanding & Relationships

OVERALL TARGET

I can recognise relationships I have with support

I can recognise my family and friends

Date Started _____

Date Finished _____

Signed _____

I can recognise relationships I have with different people (doctors etc)

Date Started _____

Date Finished _____

Signed _____

Careers and Job Skills

OVERALL TARGET

I can recognise what I am good at.

I can teach a small group something I am good at.

Date Started _____

Date Finished _____

Signed _____

I can understand the term 'unique'

Date Started _____

Date Finished _____

Signed _____

I can identify things that my friends are good at that are different to me

Date Started _____

Date Finished _____

Signed _____

I can identify something I would like to get better at.

Date Started _____

Date Finished _____

Signed _____

Careers and Job Skills

OVERALL TARGET

I can identify different jobs.

I can identify the skills
that people need to have
different jobs.

Date Started _____

Date Finished _____

Signed _____

I can identify a
'job' I might like to
do in the future.

Date Started _____

Date Finished _____

Signed _____

I can identify how the
community is helped by the
different roles people do.

Date Started _____

Date Finished _____

Signed _____

I can explore
vocational options
for Key Stage 4/
Post 16.,

Date Started _____

Date Finished _____

Signed _____

Careers and Job Skills

OVERALL TARGET

I can understand rules, laws and consequences.

I can explore the difference between rules and laws.

Date Started _____

Date Finished _____

Signed _____

I can identify some laws we have in society.

Date Started _____

Date Finished _____

Signed _____

I can identify the familiar consequences for breaking the law.

Date Started _____

Date Finished _____

Signed _____

I can identify what might happen if we did not have rules and laws or people ignored them.

Date Started _____

Date Finished _____

Signed _____

I can identify what is went by a right/ responsibility.

Date Started _____

Date Finished _____

Signed _____

Careers and Job Skills

OVERALL TARGET

I can name why it is important to look after the environment.

I can explain the importance of a routine when taking care of animals and plants

Date Started _____

Date Finished _____

Signed _____

I can name at least 3 ways of showing compassion towards living things.

Date Started _____

Date Finished _____

Signed _____

I can name at least 4 ways the environment can be damaged.

Date Started _____

Date Finished _____

Signed _____

Careers and Job Skills

OVERALL TARGET

I can name goods and services.

I can recognise different ways to pay for things.

Date Started _____

Date Finished _____

Signed _____

I can identify different ways to get cash.

Date Started _____

Date Finished _____

Signed _____

I can identify and give examples of a 'want'; and a 'need'.

Date Started _____

Date Finished _____

Signed _____

I can explain why it is important to save money.

Date Started _____

Date Finished _____

Signed _____

I can identify and give examples of goods and services.

Date Started _____

Date Finished _____

Signed _____

I can take part in an enterprise project.

Date Started _____

Date Finished _____

Signed _____

Careers and Job Skills

OVERALL TARGET

I can identify the groups in the community.

I can identify what is special about being part of a group.

Date Started _____

Date Finished _____

Signed _____

I can identify how being part of a group makes me feel.

Date Started _____

Date Finished _____

Signed _____

I can recognise different groups in the community.

Date Started _____

Date Finished _____

Signed _____

Careers and Job Skills

OVERALL TARGET

I can identify my own learning styles.

I can identify a special skill
or talent I have.

Date Started _____

Date Finished _____

Signed _____

I can identify what
can make it easier
for me to learn.

Date Started _____

Date Finished _____

Signed _____

I can identify what can make
it harder for me to learn.

Date Started _____

Date Finished _____

Signed _____

I can identify an achievable
short term goal to
achieve in my learning.

Date Started _____

Date Finished _____

Signed _____

I can create and complete
an action plan with
manageable steps to
achieve the target.

Date Started _____

Date Finished _____

Signed _____