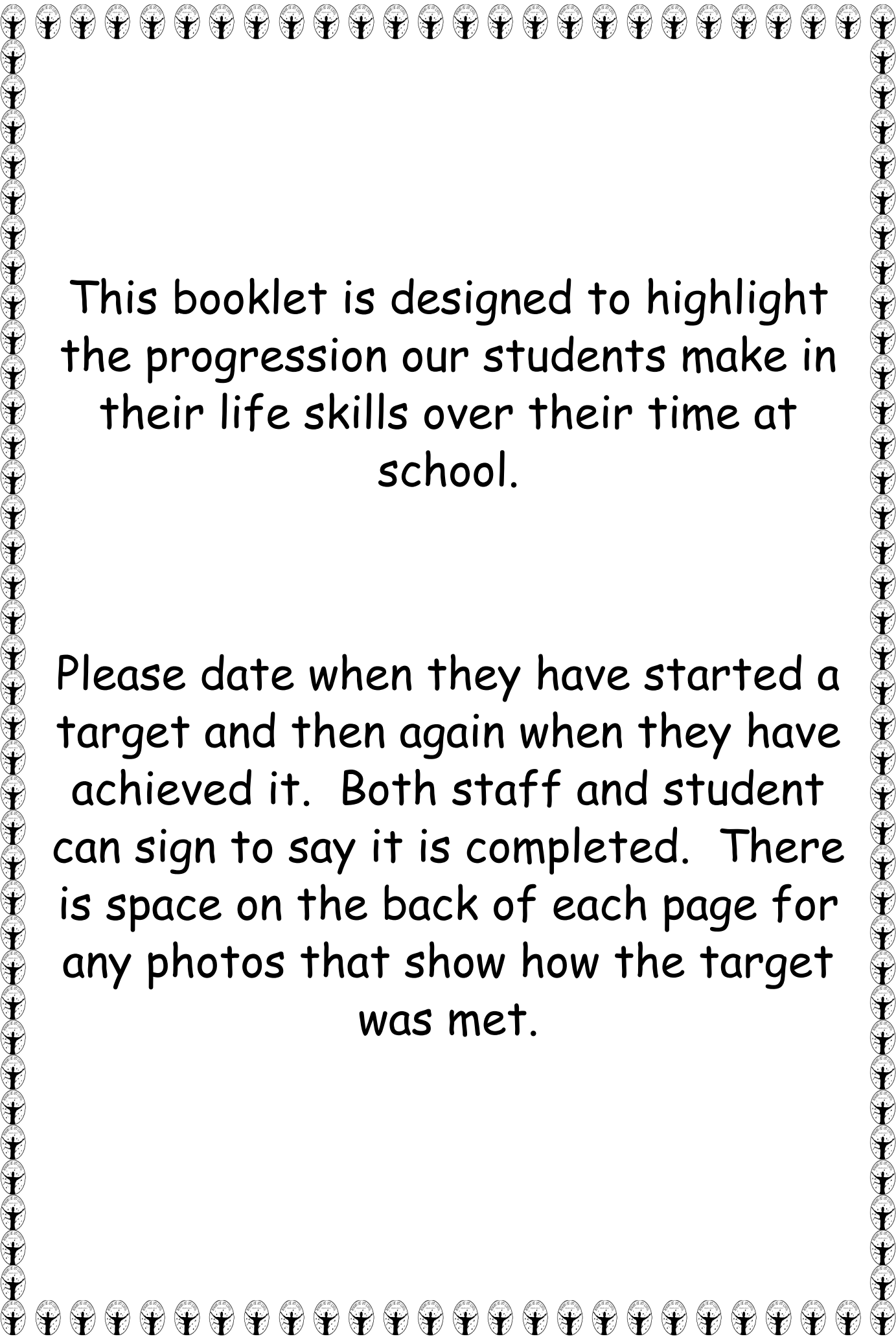


Name \_\_\_\_\_

# My Life Skills Booklet Level 4



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 recognise what is needed to live a healthy lifestyle

I can recognise things we do in everyday life to keep our bodies healthy

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can take steps to maintain my health

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can research what makes a healthy diet

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify local health services

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care



## OVERALL TARGET



I can show how to make a healthy meal

I can choose a simple healthy meal

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can choose the ingredients I need

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can prepare the ingredients

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can cook the ingredients

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care

## OVERALL TARGET

I can recognise signs of illness and with support say how to treat them

I can recognise signs of different illnesses

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise signs of different injuries (burns etc)

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise what medicines treat different illnesses

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care



## OVERALL TARGET



I can care for clothes with support

I can recognise  
how we keep  
clothes clean with  
support

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise that  
different clothes  
need looking after in  
different ways

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care

## OVERALL TARGET

I can understand what alcohol is and its effects

I can find out about  
units of alcohol and  
the amount of units  
in common drinks

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify the  
physical risks of  
drinking alcohol

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify the  
links between alco-  
hol and mental  
health

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify  
signs of alcohol  
poisoning

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care



## OVERALL TARGET



I can recognise the effects of tobacco

I can recognise the  
short and long term

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise  
the effects of nic-  
otine and its asso-  
ciated risks

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise  
the benefits of  
quitting smoking

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify the  
links between drugs  
and mental health  
conditions

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Healthy Living and Personal Care



## OVERALL TARGET



I can recognise the effects of legal drugs

I can identify legal  
drugs

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise how  
drug use can be  
harmful in the short  
and long term

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify the  
link between drugs  
and mental health  
conditions

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care

## OVERALL TARGET

I can recognise the law in relation to smoking,  
drugs and alcohol

I can recognise legal  
and illegal drugs

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand the  
consequences of tak-  
ing or possessing dif-  
ferent categories of  
drugs

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care



## OVERALL TARGET



I can recognise the changes of puberty on my body

I can recognise  
how the body  
changes depending  
on male or female

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise  
the menstrual cycle  
and its effects  
on the body

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Healthy Living and Personal Care



## OVERALL TARGET



I can recognise the importance of personal care

I can use a variety of personal care products correctly with support

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise important times to maintain personal care

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can identify risks to my personal safety  
with support

I can recognise  
common risks to  
my personal safety

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can show what I  
can do to reduce  
these risks

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can recognise signs of danger with support

I can recognise  
dangerous  
situations at home  
with support

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise  
dangerous  
situations out in  
the community  
with support

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can tidy up after myself

I can clean any  
resources I've  
used

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can put  
resources away in  
the correct place

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can keep where I  
work tidy

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can understand why it is important to develop digital resilience

I can understand when I am at risk online

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise what to do if anything goes wrong

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand the consequences of what I post online

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Independent Living and Personal Safety

## OVERALL TARGET

I can identify harmful online behaviours

I can recognise  
negative online be-  
haviours (trolling  
etc)

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify what I  
need to do if I am  
affected by negative  
online behaviour

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can make a simple snack

I can recognise  
different simple  
snacks

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can follow instruc-  
tions to make differ-  
ent simple snacks

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can use different household appliances safely with support

I can recognise the danger of different household appliances

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can show how to use these appliances safely with support

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can develop simple sewing skills

I can recognise  
different sewing  
equipment

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can thread a  
needle with  
support

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can tie a knot  
with support

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can do a simple  
stitch

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independent Living and Personal Safety

## OVERALL TARGET

I can take part in team activities

I can share  
resources with my  
team

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can work in small  
groups of  
different people

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can share ideas in  
different groups

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independence in the Community

## OVERALL TARGET

I can show how to develop healthy relationships  
across culture and society

I can identify  
groups in the local  
community

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise the  
different identities  
in groups

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise dis-  
crimination and cele-  
bration in different  
social groups

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independence in the Community

## OVERALL TARGET



I can access local and national public transport  
with support



I can use public  
transport in my  
community

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can use public  
transport outside my  
community with support

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Independence in the Community

## OVERALL TARGET

I can solve problems that may occur when travelling with support

I can identify problems that may occur when travelling

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise different solutions with support

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can put solutions into practice if I have a problem when travelling

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Independence in the Community

## OVERALL TARGET

I can read simple timetables and schedules  
with support

I can be organised  
and ready for travel  
training

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can read time to  
quarter past and  
quarter to

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Independence in the Community

## OVERALL TARGET

I can recognise my hobbies with support

I can recognise  
things I do in my  
spare time with  
support

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can say what I like  
about doing these  
activities

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can say how these  
activities help me

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can demonstrate how to talk about emotions

I can create a list  
of common emo-  
tions

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise differ-  
ent positive and nega-  
tive emotions

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can make a choice from a range of options

I can make a choice  
from several options

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can say when I have  
made my choice

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can explain why I  
haven't chosen  
other options

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can develop strategies to maintain positive emotional wellbeing

I can recognise activities that contribute to positive emotional wellbeing (exercise etc)

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can use strategies such as mindfulness to help me

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can recognise social and peer pressure

I can recognise how  
people show peer  
pressure

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can use strategies to  
deal with peer pressure

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can recognise how to manage emotions in different relationships

I can recognise different types of relationships with people

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise how to react and talk to different people

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Emotional Understanding & Relationships

## OVERALL TARGET

I can understand what makes healthy and unhealthy relationships

I can recognise positive behaviours in a relationship

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise negative behaviours in a relationship

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Careers and Job Skills

## OVERALL TARGET

I can name strengths and skills.

I can name skills I use in  
different situations.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can name at least 2  
things I can do on my  
own,

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can name at least 2 things I  
need help with.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can name a strength my  
friend has.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can teach others a  
skills/talent I have,

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify hopes/  
dreams for the future  
and create a plan for a  
realistic aspiration.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Careers and Job Skills

## OVERALL TARGET

I can understand the skills and types of work.

I can recognise how my own strengths, qualities and things we learn in school might link to future 'jobs'

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify different types of work people can undertake.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify people and organisations that can provide advice and support for future employment.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise there are different ways of financing adult life.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise different living arrangement.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Careers and Job Skills

## OVERALL TARGET

I can identify rights and responsibilities.

I can identify some of the similarities and difference between young people my age.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise that we all have things in common despite our differences.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify how rules and laws may be different based on race, religion and culture.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify some of the rights we have in and out of school.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify some of the responsibilities we have in and out of school,

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Careers and Job Skills

## OVERALL TARGET

I can take an active role in looking after the environment

I can identify my responsibility and role in caring for the environment and living things.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify the responsibility and role of other in my community in caring for the environment.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can explain how everyday choices can affect the environment positively.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can explain how everyday choices can affect the environment negatively.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Careers and Job Skills

## OVERALL TARGET

I can understand the value of money.

I can identify the  
consequences of losing  
money,

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify ways  
we are encouraged to  
spend money.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify consequences of  
spending more money than we  
have.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand the  
terms 'afford', 'borrow'  
and 'loan; in terms of  
money.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can take part in an en-  
terprise project, includ-  
ing working out related  
costs.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

# Careers and Job Skills

## OVERALL TARGET

I can recognise the importance of community.

I can recognise what  
different groups bring to  
the community.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can explain how it  
feels to be part of a  
community.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can suggest ways we can  
help people to feel welcome in  
the community.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can plan a community  
event.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_



# Careers and Job Skills

## OVERALL TARGET

I can identify the importance of goals.

I can identify the difference between a short term target and a long term goal.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can understand the difference between realistic and unrealistic goals

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify ways that can help us be organised in our learning.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise positive emotions related to achieving a goal.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can recognise negative emotions related to not achieving a goal.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_

I can identify positives that can come from failure.

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_

Signed \_\_\_\_\_