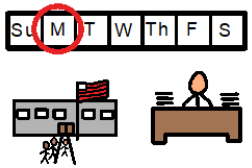
Life Skills Folder

How to use the Life Skills Folder.

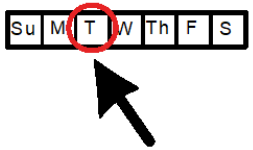
- Print off the main page and laminate.
- If applicable print the second page and cut out and laminate pictures.
- Place Velcro on the back of pictures and on the main page, taking care to make sure the Velcro is the right side to connect with each other.
- Read the instructions on how to use each page.

Today is

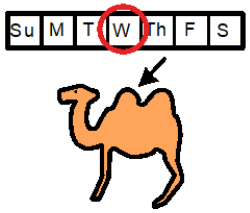
Monday



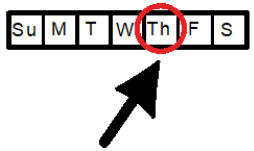
Tuesday



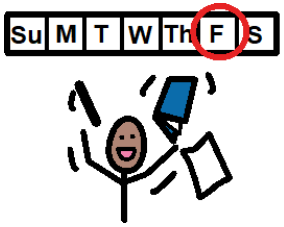
Wednesday



Thursday

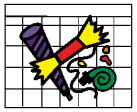


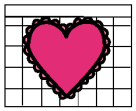
Friday



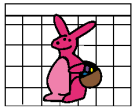
Cut out laminate and Velcro on back.

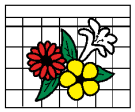
The month is

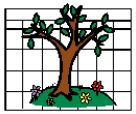
January 

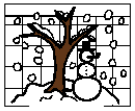
February 

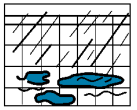
March

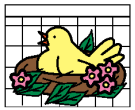
April 

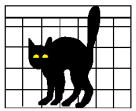
May 

June 

July 

August 

September 

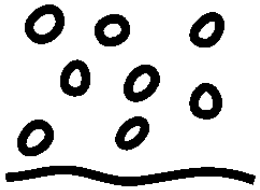
October 

November

December

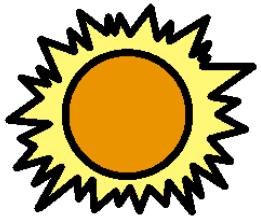
Cut out, laminate and Velcro on back.

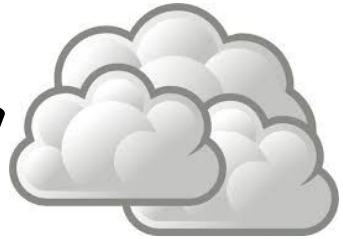
The weather is

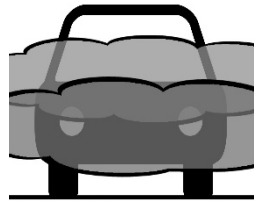
Snowy 

Rainy

Frosty

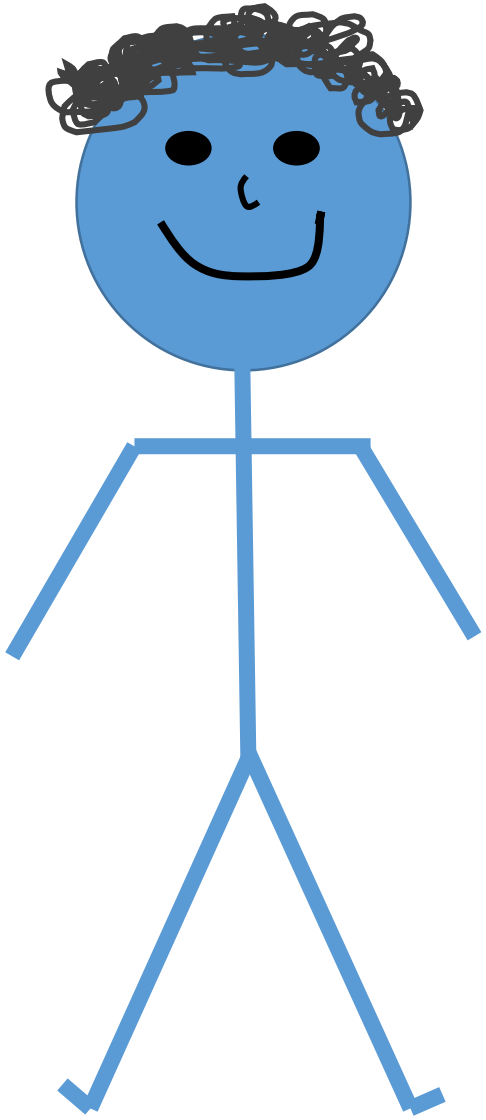
Sunny 

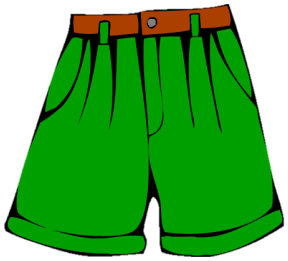
Cloudy 

Foggy 

Cut out, laminate and Velcro on back.

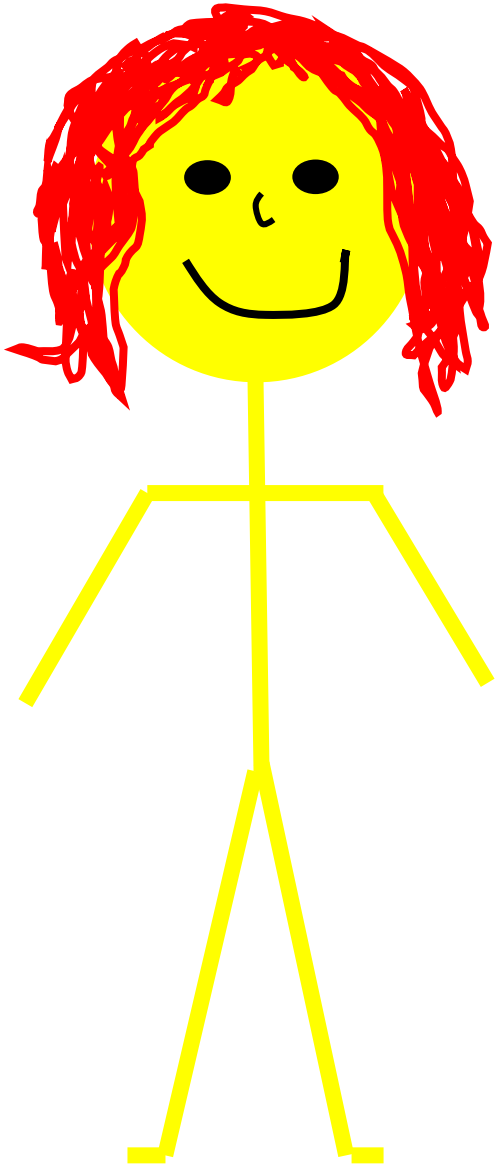
I can dress myself.





Cut out, laminate and Velcro on back. Pieces with Velcro should go up by the stick person.

I can dress myself.



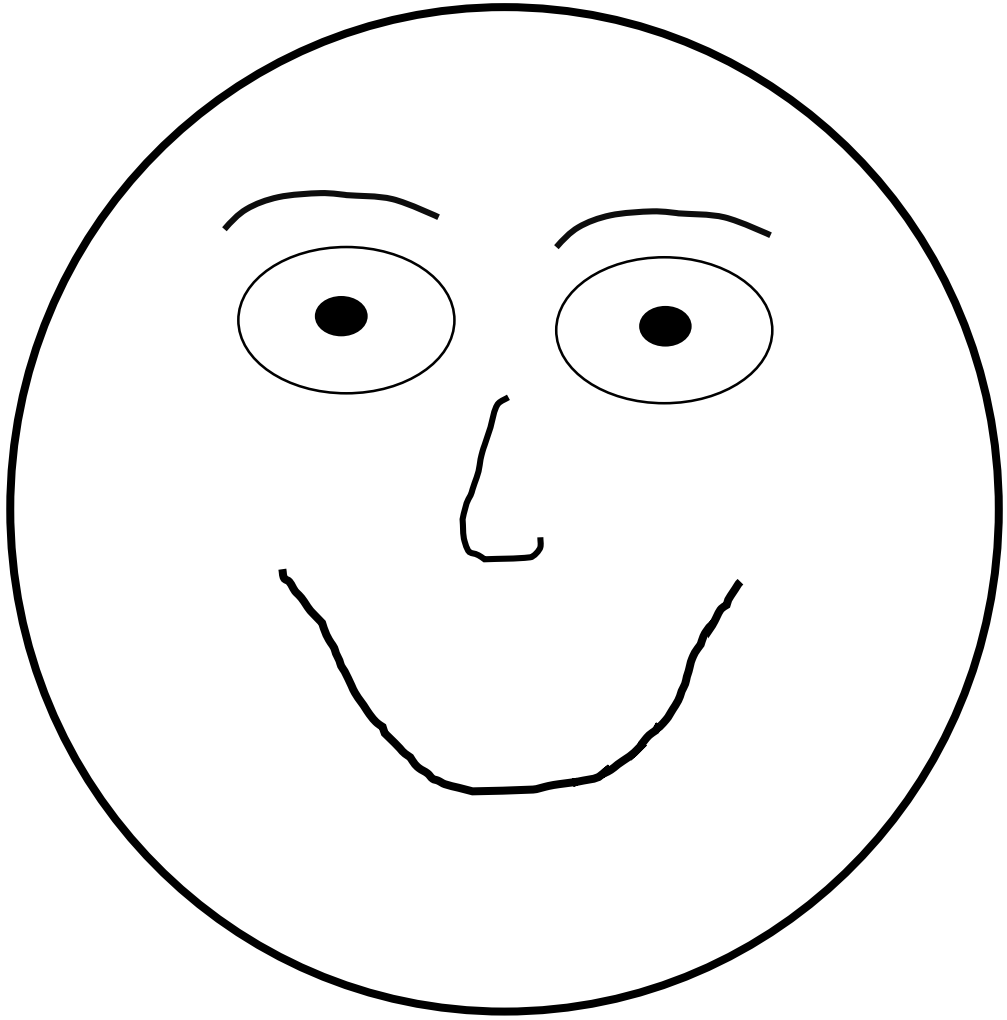
- Cut out, laminate and Velcro on back.
- The pieces with Velcro should go up by the stick person.

I can dress myself.

I can brush my teeth.

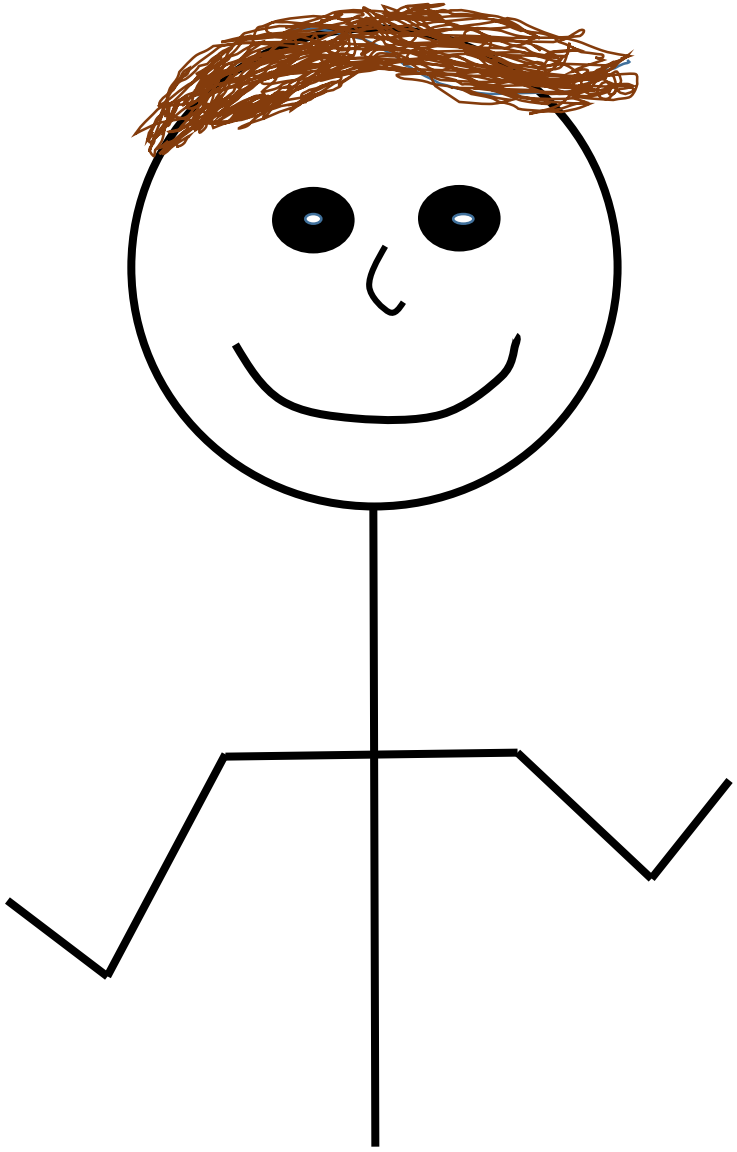
- Laminate page.
- Glue a piece of white fabric to the bristles.
- Using a whiteboard maker make “dirty” marks on the teeth.
- The student will use the tooth brush to “brush” the teeth until they are clean.

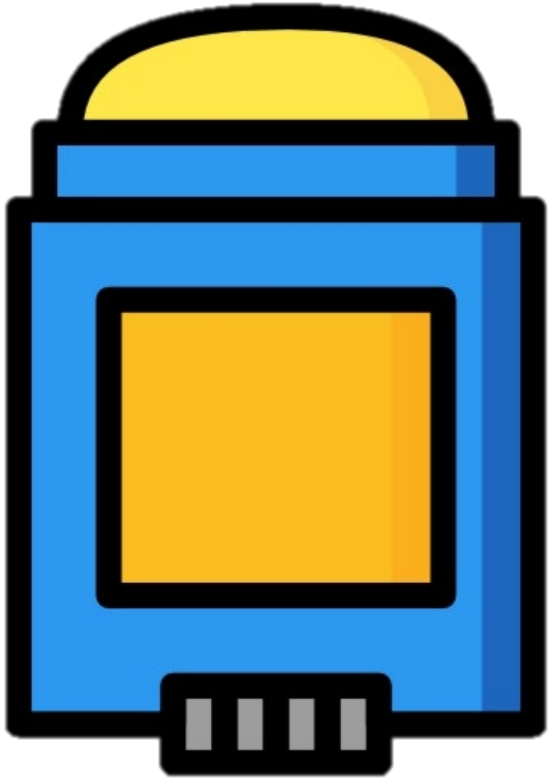
I can wash my face.



Add a cloth with Velcro to the top page or alternatively use a tissue. With a whiteboard marker put “dirty” marks on his face so that the student can clean off with cloth or tissue.

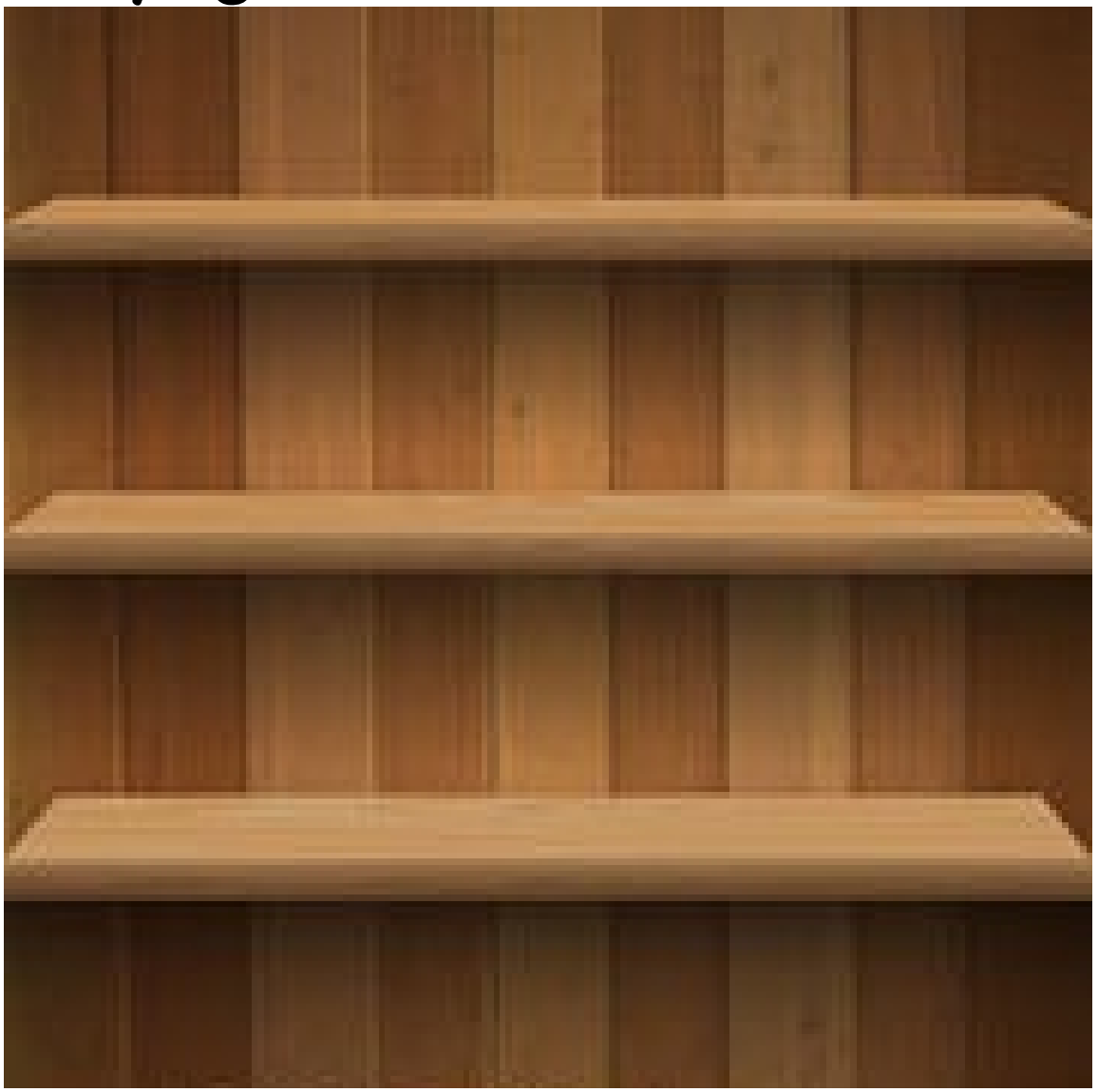
I can put deodorant on.





Cut out, laminate and Velcro on back.

I can find my groceries.



Cut out, laminate and Velcro. Place them on the shelf at the beginning of lesson.

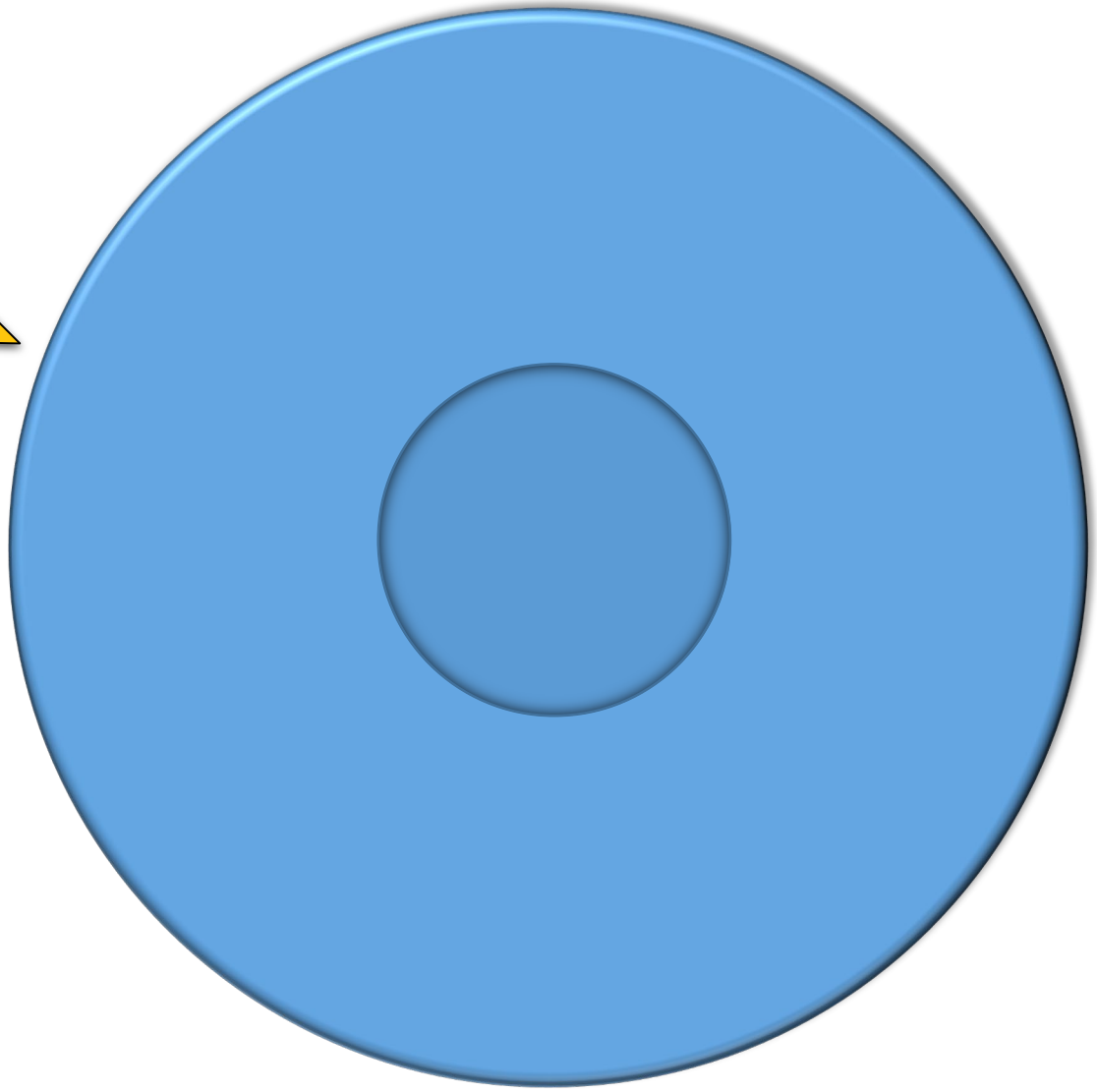
I can pay for my groceries.

Cut out, laminate and place Velcro on the back.

Place Velcro on counter front to pay shopkeeper.

I can make my own lunch.

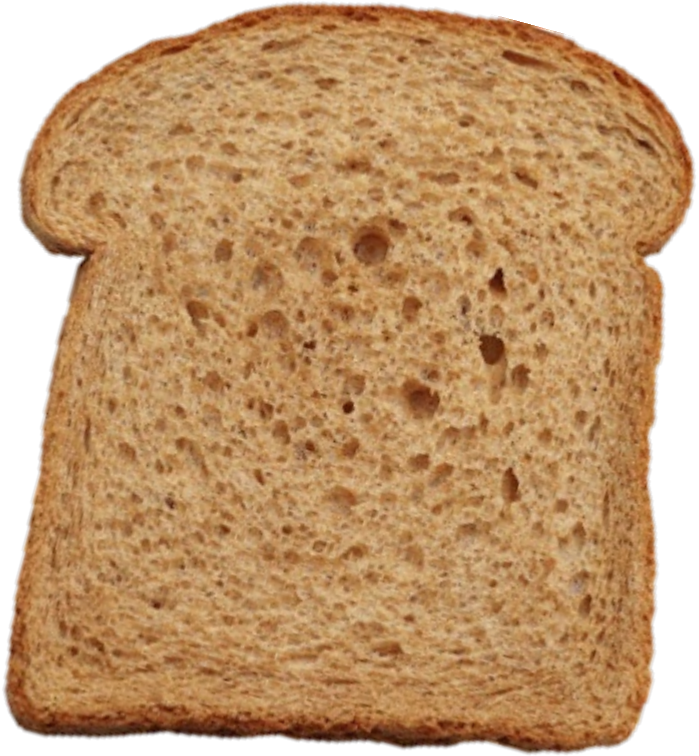
1. I get a piece of bread
2. Spread butter
3. Place ham
4. Place cheese
5. Put bread on top

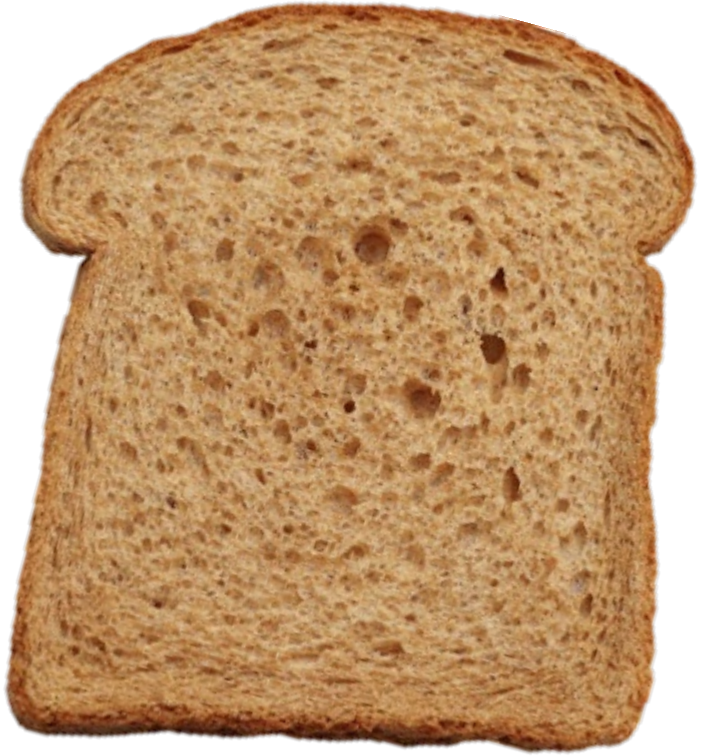


Print out top main page and laminate. Place Velcro on plate.

Cut out and laminate bread and fillings. Ham, butter and cheese needs Velcro on both sides, make sure that you have the right sort of Velcro on each side i.e. hook and loops so that they can connect.

The idea is to get the student to build the sandwich.

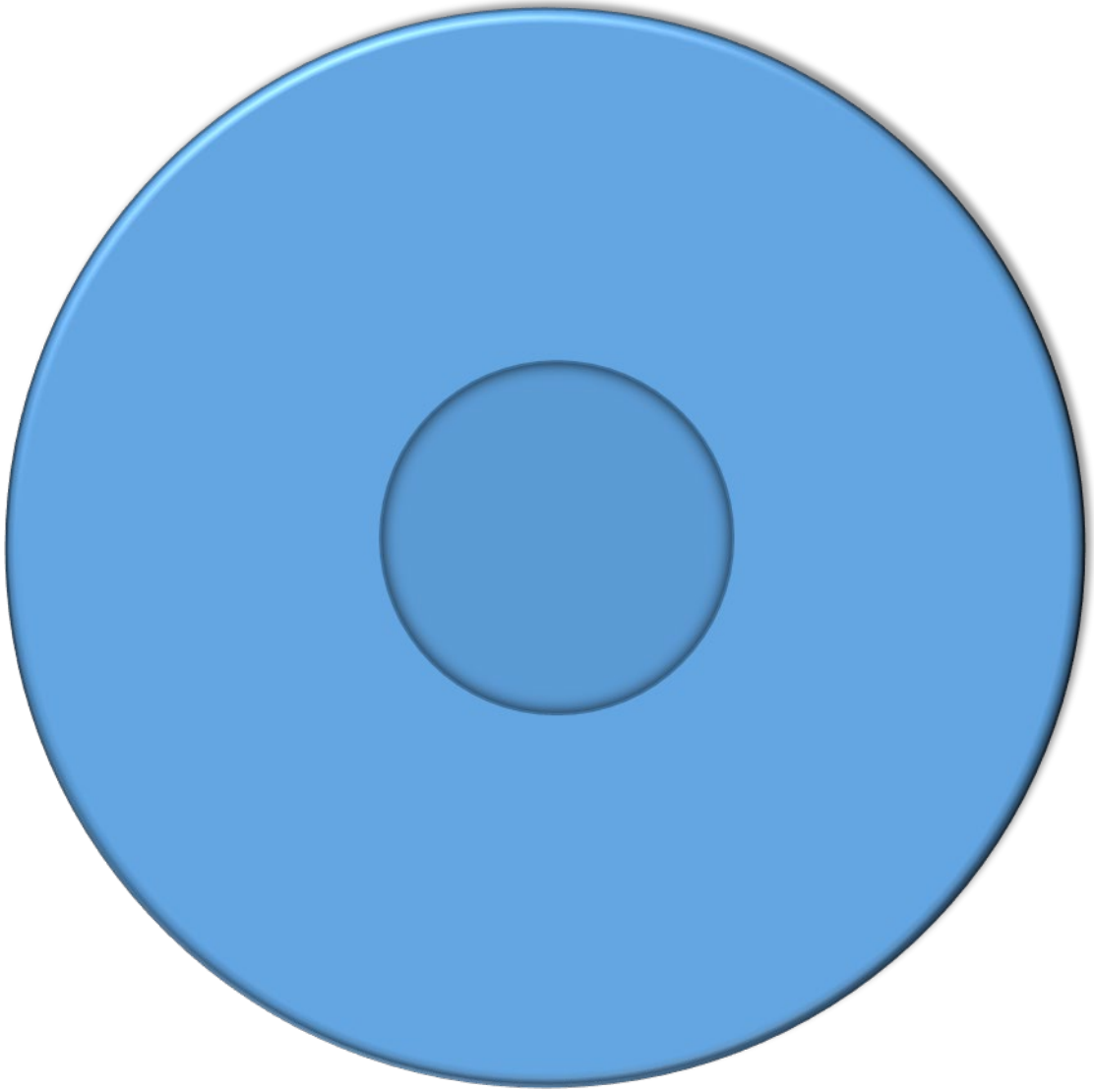


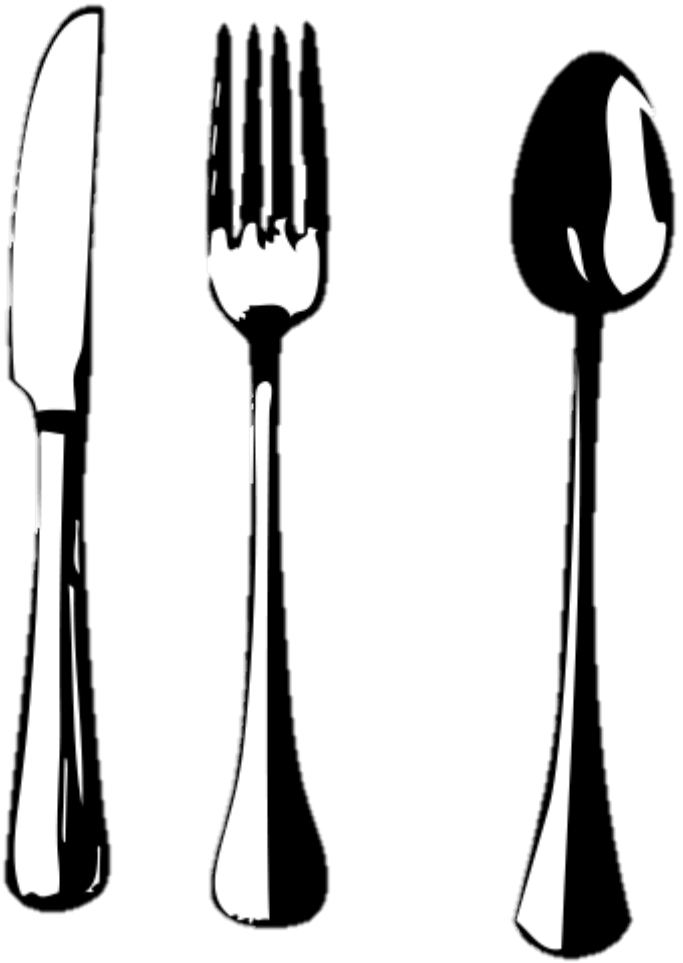


butter

Cheese slice

I can set the table.





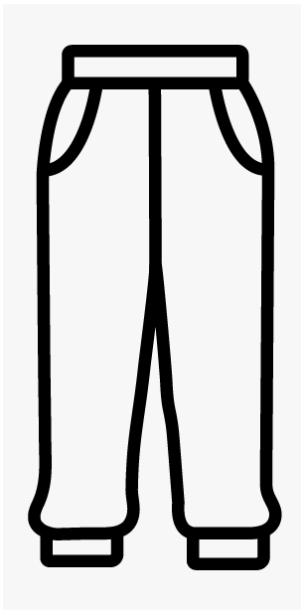
Cut out, laminate and Velcro.

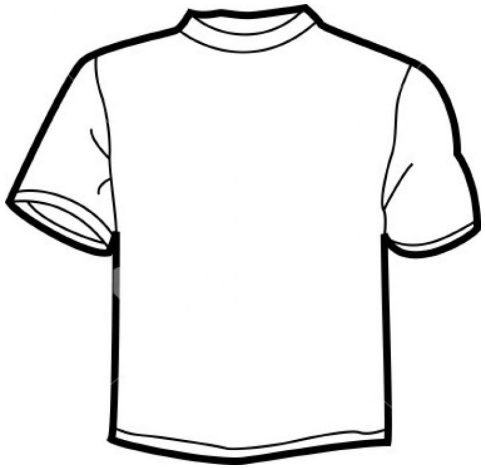
Place the other side of the Velcro on the main sheet.

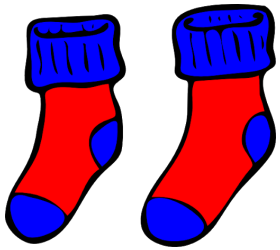
I can sort my laundry.

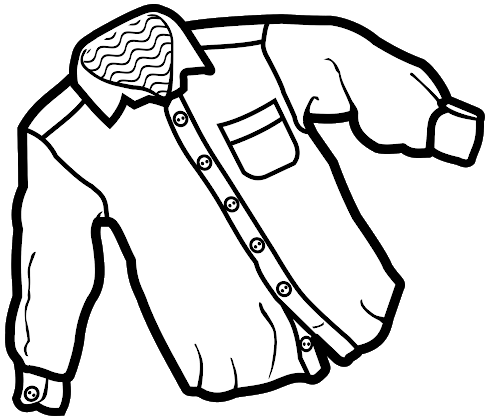
Cut out, laminate and Velcro.

Place other side of Velcro on laundry baskets.

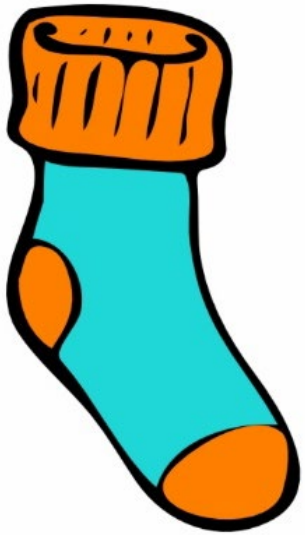








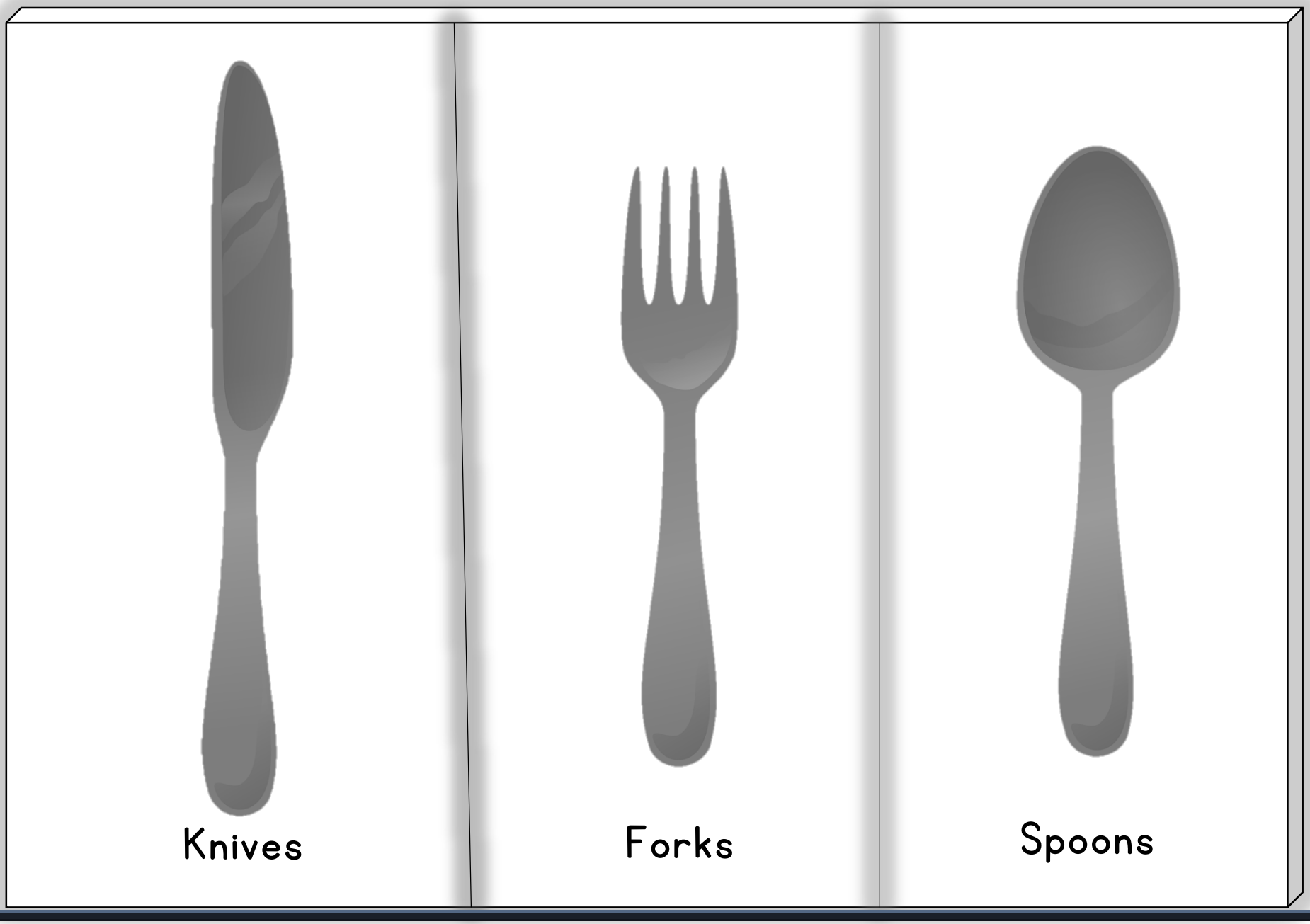
I can match my socks.



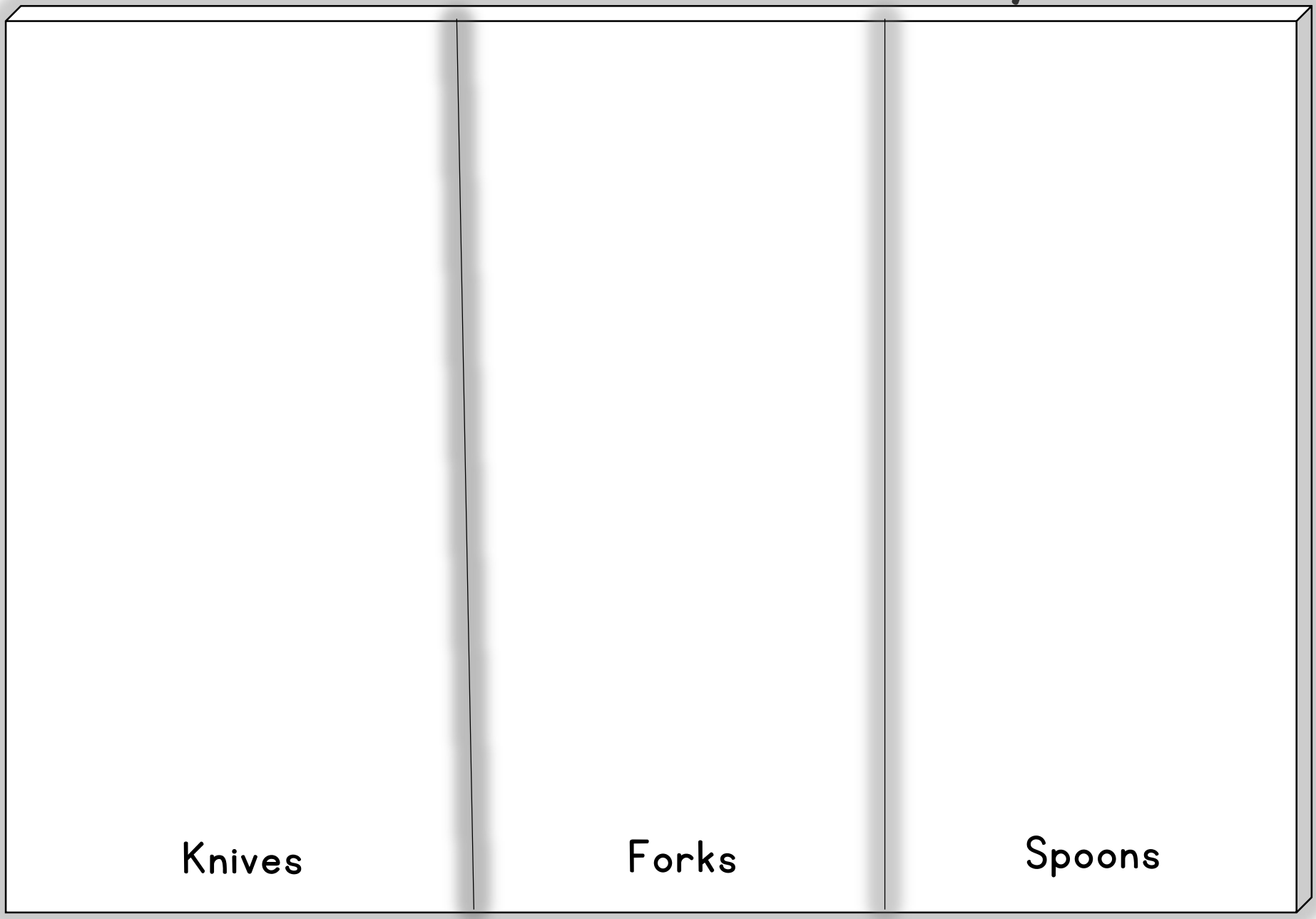
Cut out, laminate and place Velcro on the back.

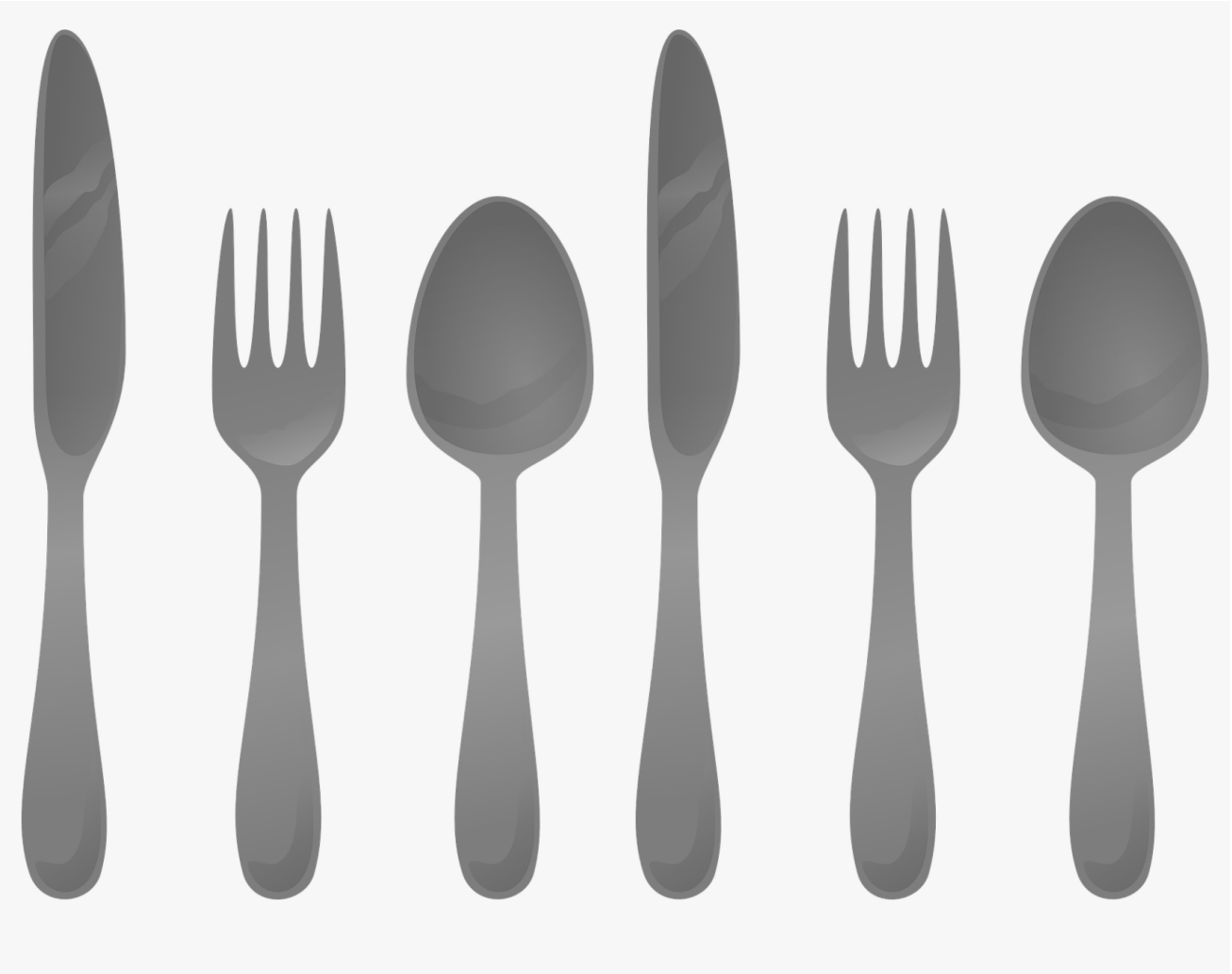
Place Velcro on main page beside each sock.

I can sort the cutlery.



I can sort the cutlery.



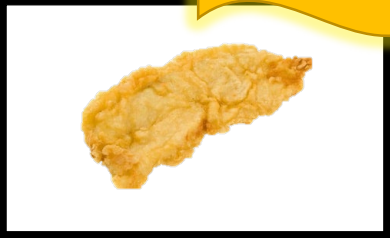


Cut out, laminate and Velcro on the back.

Two options for main pages.

I can order my own dinner.

Menu



Battered Fish

Beef Burger

Hot Chips

Side Salad

Chilled Water

Fizzy Drink

I Choose

Cut out, laminate and place Velcro on the back. Match up the food.

Place opposite side of Velcro on the “I Choose” side.

I can add my order together.

Menu

Battered Fish $2

Beef Burger $3

Hot Chips $2

Side Salad $2

Chilled Water $2

Fizzy Drink $2

Receipt

+

+

Total=

Cut out, laminate and place Velcro on the back. Use the choices that the student made on previous page to find the total.

Place opposite side of Velcro on the "Receipt" side.

Battered Fish $2

Beef Burger $3

Hot Chips $2

Side Salad $2

Chilled Water $2

Fizzy Drink $2

$6

$7

I can pay for my dinner

$6

$7

Cut out, laminate and place Velcro on the back.

Velcro the 'total' from the previous page and stick it next to the word total.

Using the money pay for your meal.

I can sort my waste.

Cut out, laminate and place Velcro on the back.

Place opposite Velcro on main page on each bin.

I can match signs in my community.

RAIL
WAY
CROSSING

STOP

TOILETS

P
Bus Stop

Well done!

You've finished!