

Galleywood Infant school Life skill challenges.

While we are away from school, keep track of some important life skills that we would be teaching the children to know as part of our PSHE learning. How many can they do already? Can they complete all these challenges during lockdown? Have a go – you could take photos/videos and add them to Tapestry or print off the sheets and keep as a record! The green challenges are ideal for 4-5 years, the blue challenges for 6-7 and the yellow for 7-8, but you might find that your children can do some from each group.

I can wash my hands with soap and water safely.



I can match the socks.



I can clear the kitchen table after a meal.



I can wipe up a spill.



I can water the plants.



I can help feed our pets.



I know my address.



I know my parents phone number.



I know who to call in an emergency.



I can do up my own coat.















I can make my own bed.



I can put away my clean clothes.



<p>I can replace the toilet paper roll.</p> 	<p>I can wipe the surfaces in the kitchen or bathroom.</p> 	<p>I can use a vacuum cleaner.</p> 	<p>I can make a sandwich.</p> 
<p>I can tell the time.</p> 	<p>I can tie my shoelaces.</p> 	<p>I can help prepare dinner.</p> 	<p>I can mop the floor.</p> 
<p>I can dust the furniture.</p> 	<p>I can write a card and wrap up a present nicely.</p> 	<p>I can help bake cookies or scramble eggs.</p> 	<p>I can load and unload the dishwasher or do the washing up.</p> 

Useful links to support Mental health, Well Being, and talking to your children.

- Here is a parents/carers guide to supporting Personal, Social and Emotional health.
<https://www.psheassociation.org.uk/system/files/Guide%20for%20parents%20and%20carers%20educating%20children%20at%20home.pdf>

- Health professionals have been advising everyone to limit the number of news reports we watch or listen to. They suggest trying to keep our viewing down to one news broadcast a day. [BBC Newsround](#) offers daily stories on national, international, sports, entertainment and science news, as well as inspiring stories about children. You can watch the [Newsround bulletins](#) and read stories on the website.
- Alex Schleffer has been involved in producing a lovely book to support childrens understanding of Coronavirus. We would highly recommend reading it with your children, especially if they have been asking lots of questions about the lockdown.
https://nosycrow.com/wp-content/uploads/2020/04/Coronavirus_INS.pdf