

Functional Literacy

- Encourage them to watch news programmes for young people ie Newsround
- Read books/magazines/newspapers/ food labels/packaging/online menus/reading app

Functional Numeracy

- Write shopping lists and use online apps or supermarket websites to order online

BUDGETING:

Holidays

- What you need to buy for your chosen holiday e.g. Warm Holiday
- Shorts, T shirt, sunglasses, sun cream, underwear, trainers/sandals, jumper for evening
- Personal care products needed
- Food, drink and leisure activities
- Estimate costs of all equipment needed for a holiday and add spending money to work out how much you need in total

Meal Preparation and Cooking/Independent Living

- Good hand hygiene
- Making breakfast
- Sort laundry
- Use the washing machine & tumble drier
- Hang clothes to dry outside or on an airer

Safety on the farm

Look on the internet for farm safety videos and discuss the following with your child.

- Video of slurry safety on the farm.

PE ideas

- Encourage your child to play in the garden – football etc.
- If confined to the house, walk up and down the stairs or along a corridor.
- Sit ups, star jumps, jogging/running on the spot
- Replicate exercise videos that may be available online

Personal care products – look online

- Discuss what personal care products you need to keep clean and healthy
- Discuss how to use these personal care products with your child.

Horticulture

If safe to do so:

- General garden maintenance-brushing etc.
- Weeding

Other ideas

- If you are feeling stressed or worried, there are plenty of guided meditations and mindfulness exercises on Youtube
- Colouring
- Drawing
- Play board games
- Think about how you can help other people who might be in need