

# Home] [Laundry] [Kitchen]

VOLUME 1

## LIFE SKILLS

Cooking . Laundry . Hygiene . Chores

---

My Name: \_\_\_\_\_

# Morning Routine

Get out of bed

#

Use the bathroom

#

Wash your hands

#

Brush your teeth

#

Get dressed

#

Eat breakfast

#

## [?] Bonus Question

What is the FIRST thing you do when you wake up?

# Morning Routine

Yes or No? Circle the right answer!

Do you brush your teeth in the morning?

YES

NO

Should you wash your hands after using the bathroom?

YES

NO

Is it okay to wear dirty clothes every day?

YES

NO

Do you eat breakfast to get energy for the day?

YES

NO

Should you make your bed each morning?

YES

NO

Is it good to shower every day?

YES

NO

# Hygiene Time!

Match each product to what it cleans.

Draw a LINE from the product to its job.

Shampoo

Cleans your HAIR

Toothbrush + Paste

Cleans your TEETH

Deodorant

Cleans your BODY

Bar Soap

Fights BODY ODOUR

Nail Brush

Cleans your NAILS

## [!] Remember

- [x] Shower or bath at least once a day.
- [x] Brush teeth TWICE a day - morning and night.
- [x] Use deodorant after you shower.

# Laundry Day!

Sort the clothes into LIGHTS and DARKS.

Draw a LINE from each item to the correct laundry basket

**LIGHTS**

**DARKS**

Dark blue sweater

Light grey shirt

Beige shorts

Navy tracksuit

Dark red hoodie

Black jeans

Dark green shorts

Yellow towel

Pink hoodie

White T-shirt

Cream socks

Brown jacket

# Doing the Laundry

Put the laundry steps in order!

Sort clothes into lights and darks

#

Put clothes into the washing machine

#

Add laundry detergent

#

Choose the wash setting and press START

#

Move wet clothes to the dryer

#

Fold the clean, dry clothes

#

## [!] Safety Tip

Always check the care label on clothes before washing - some need HAND WASHING!

# Making a Sandwich

Circle everything you need!

Bread

Butter / Mayo

Lunch Meat

Cheese

Lettuce

Tomato

Mustard

Pickle

Shampoo

Dish Soap

Ketchup

Jam

## [>] Order the Steps - Making Your Sandwich

1.

Get bread  
(2 slices)

2.

Spread butter/mayo

3.

Add meat  
+ cheese

4.

Add lettuce  
+ tomato

5.

Press top  
slice on

6.

Cut in  
half

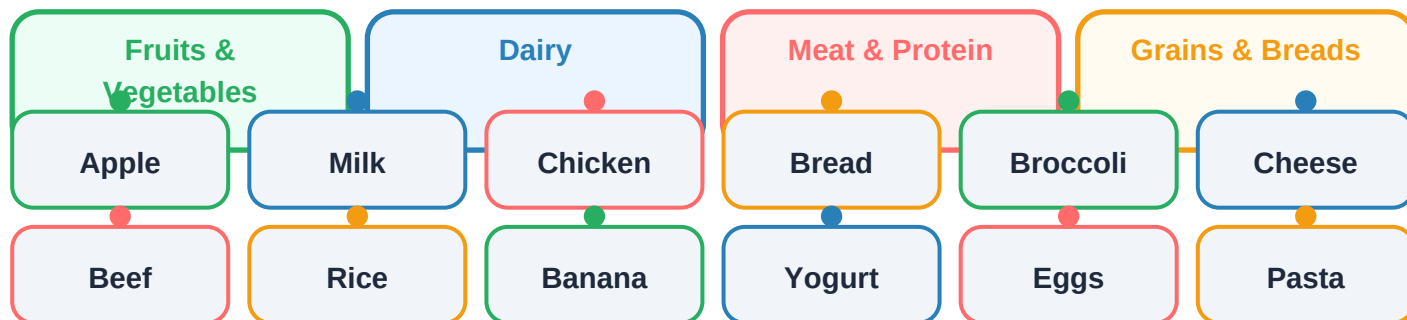
7.

Put on  
a plate

# Grocery Sort

Draw a line from each food to its group!

Draw a LINE from each food to the correct food group box.



# Chore Time!

Match the chore to the right tool.

|                                                                                   | Chore                  | Tool or supply                                                                                          |
|-----------------------------------------------------------------------------------|------------------------|---------------------------------------------------------------------------------------------------------|
|  | Vacuuming the carpet   |  Glass cleaner + cloth |
|  | Washing the dishes     |  Vacuum cleaner        |
|  | Mopping the floor      |  Antibacterial spray   |
|  | Taking out the rubbish |  Rubbish bag           |
|  | Cleaning the windows   |  Dish soap + sponge    |
|  | Wiping the counters    |  Mop + bucket          |

# Reading a Schedule

What does your day look like?

Read the schedule below. Then answer the questions.

|          |                           |
|----------|---------------------------|
| 7:30 am  | Wake up + Morning Routine |
| 9:00 am  | School / Learning Time    |
| 11:00 am | Life Skills Practice      |
| 12:00 pm | Lunch                     |
| 1:00 pm  | Free Choice / Screen Time |
| 3:00 pm  | Outdoor Activity / Walk   |
| 5:30 pm  | Help with Dinner          |
| 7:00 pm  | Evening Routine + Bedtime |

## [?] Answer the Questions

What time does school start?

.....

What activity happens at 3:00 pm?

.....

What is the LAST activity of the day?

.....

Name one activity you enjoy in the schedule.

.....



# GREAT WORK!

**You finished the Life Skills Workbook!**

Every skill you learn makes you more independent.

Keep practising - you are doing amazing!

Completed on: \_\_\_\_\_