

ICC Independent living task – Easter 2020

The following is a grid of independent living tasks – day to day skills we all need. While you have an extended time at home it would be good for you to experience and learn these. Always make sure you have a parent’s agreement and supervision. Aim for 15 points over the Easter holiday.

Task/Points	1	2	3	4	5
Cleaning *	Vacuum the living room every other day Tidy your room every day including making the bed	Do the washing up once a day.	Use kitchen or bathroom cleaner to clean surfaces in the kitchen or bathroom	Learn to clean a bathroom including the toilet.	Clean the house once, vacuuming each room, dusting and cleaning bathrooms
Laundry*	Hang out the wet laundry twice	Put the ironed laundry away in wardrobes and drawers	Load the washing machine, separating whites and colours and learn the right programmes	Lear to iron a shirt or blouse (you can practice on your school shirts)	Do a complete set of laundry from loading to putting away
Preparing meals **	Make your family a hot drink each morning	Make breakfast for the family twice	Prepare lunch each day for a week	Cook dinner with a parent twice in the holiday	Plan a family meal, including any food you need to buy and its cost. Cook and feed your family.
Tidying	Tidy your room every day including making the bed	Lay the table for meals every day and clear up the table	Mow the lawn or tidy a garden space	Clear out a cupboard/spare room/garage/shed	Draw up a rota for the tidying jobs in your household. Negotiate these with everyone on the rota so they are fair.

Social contact	Phone a grandparent or older relative every other day	Use social media to check on your best friends daily	Make time daily to talk to your immediate family	Write a letter and post it to a relative or family friend who lives a long way away	Keep a covid-19 diary. How does the social distancing make you feel? What would you like to see change when re return to 'normal' life.
Research***	Find out the best way to avoid catching the coronavirus	Find out what the following people do; The Prime Minister, The Chancellor of the Exchequer, The Home Secretary, The Foreign Secretary	Find out about three jobs you may be interested in when you work; what qualifications do you need and how do you get to work in them	Research courses for your post 16 study; A levels, BTEC and vocational study, T levels, Apprenticeships, Crawley College	Find out if there is a cheaper tariff for your electricity and gas at home.

- Try YouTube videos if there is no-one to help you
- There are many good recipe websites – a good place to start is BBC good food <https://www.bbcgoodfood.com/>
- Google or another search engine will provide many of these. For health advise try <https://www.nhs.uk/> for government roles try Wikipedia, for courses try the school website or other providers for cheaper tariffs try www.uswitch.com or another switching site. You will need your recent electricity and gas bills.