

Life Skills Course Two 2018

Independent living and self-management skills

	Topic	Areas covered
1	Introduction	A chance to get to know other members of the group through activities. Fill in some paperwork needed for the course
2	Household management – cleaning and shopping	Review learning from last session Identifying cleaning tasks to keep your home clean. Awareness of cleaning products. Hints, tips and resources to help to reduce stress around shopping. Learning how to plan meals to help keep to a budget and create shopping lists. Recap session learning outcomes
3	Managing finances	Review learning from last session Attitudes towards money. Terminology used in money management. Creating a budget and identifying unessential expenditure if needed. Understanding documents that help with budgeting. Recap session learning outcomes
4	Staying safe and using public transport	Review learning from last session Keeping yourself safe when out or at home. Keeping your personal belongings and personal information safe. Keeping yourself safe on busses, in taxis and walking in the street. Reducing stress when using busses and trains. Reading bus and train timetables. Appropriate behaviour on buses and trains. Recap session learning outcomes
5	Health and wellbeing	Review learning from last session The importance of exercise on our body and mind. The importance of eating healthily and how to do so. The importance of looking after your emotional wellbeing and tips for how to do so. Recap session learning outcomes
6	Organisational skills- time keeping, decision making, Problem solving Setting goals (Won't cover all of them but select appropriate for the group)	Review learning from last session The importance of time keeping. Barriers to poor punctuality and time keeping and strategies that may help. The importance of making decisions for yourself and steps to help do so. Dealing with anxiety once a decision is made. Problem solving Setting goals Recap session learning outcomes
7	Practical applications and activities of	Review learning from last session
8	information learnt.	Activities to be chosen by students. Example of examples of activities that we could do are:

9		<ul style="list-style-type: none">• Learn relaxation exercises that could be put into practice at home.• Mending clothes.• Travelling on a buss and accessing local community safely.• Taking part in a sporting activity.• Creative art activity. Recap session learning outcomes
10	Closing session	Celebration of all the achievements made by the students. A chance to reflect upon and review achievements made and skills developed by students and the course through feedback and evaluation. Complete end of course paperwork.