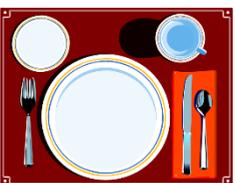
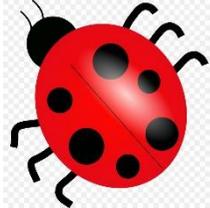


Family Skills and Activities

Below is a grid of skills and activities that you can work on as a family. While you can all work together, if there are children of different ages there are some different options. Some will be more suitable to younger or older children and some can be used with both. Please add any other things you have been doing at the bottom in at the bottom of the grid!

<p>I can tell a story that I know well. <i>Can you act it out or make a puppet show?</i></p> 	<p>I can name the days of the week, months of the year and/or seasons.</p> 	<p>I can prepare a simple sandwich (or similar). <i>Younger children can spread some butter or similar and help to place things on. Older children can help with more complicated things.</i></p>	<p>I have had a discussion with a vote at the end.</p>	<p>I can show you roughly where Fraserburgh is on a map of Scotland.</p> 
<p>I have learned all about a job that I am really interested in.</p>	<p>I can name the five senses. <i>Can you play some senses games? Can you learn about how people cope if one of their senses doesn't work?</i></p>	<p>I can tell the time.</p> 	<p>I can read and follow a simple recipe (with help).</p> 	<p>I can name the four countries in the United Kingdom.</p> <ul style="list-style-type: none"> - Find them on a map - Name their capital cities and locate them on a map. - Draw on other major cities.
<p>I can read/listen to the rules and play a board game.</p>	<p>I can make a daily or weekly timetable for myself and/or my family and then follow it.</p>	<p>I can look after/grow a plant.</p> 	<p>I can learn and play a few simple card games.</p>	<p>I can use a knife and fork.</p>

<p>I can create my own board game and play it.</p> 	<p>I can measure quantities when cooking or baking.</p>	<p>I can help with the laundry.</p> <p><i>I can:</i></p> <ul style="list-style-type: none"> - Sort laundry - Read washing labels - Put on the washing machine. - Dry laundry. <p><i>Fold and put away laundry.</i></p>	<p>I know/can write simple information about myself:</p> <ul style="list-style-type: none"> - Address - Telephone number - Date of birth <p><i>For older children: I can complete my details in a form using block capitals.</i></p>	<p>I can wash & dry dishes/load & empty the dishwasher.</p>
<p>I can make a really tasty smoothie.</p>	<p>I have interviewed family members about their jobs and learned about what they think is important when doing their work.</p>	<p>I can make my own bed/ I can change the covers on my bed.</p> 	<p>I can set the table for dinner.</p> 	<p>I can help clean out a cupboard/room and see if there are any things that could be donated to charity.</p>
<p>I can name all the continents and point to them on a map.</p> <p><i>Can you say a little about each one or find out some facts about one of them?</i></p>	<p>I can make a time capsule showing what your life is like just now.</p> <p><i>Can you speak to some of your family and ask them what they would have put in when they were your age?</i></p>	<p>I can dust and vacuum a room.</p> 	<p>I can learn and sing a Scottish song.</p>	<p>I can create something by sewing, knitting or cross-stitching.</p> 

<p>I can wash a car <i>For older pupils, can you check the washer water and oil level?</i></p> 	<p>I can help to tidy and organise a cupboard (or similar).</p>	<p>I can make and complete a simple obstacle course.</p>	<p>I can dress myself:</p> <ul style="list-style-type: none"> - Do buttons & zips - Tie laces - Choose appropriate clothes for the weather & task 	<p>I can make a shopping list.</p> <ul style="list-style-type: none"> - General list - For a recipe
<p>I can make a simple meal (e.g. scrambled eggs on toast)</p>	<p>I can take some family photos and make a scrapbook/memory book.</p>	<p>I can change a lightbulb.</p> 	<p>I can create a marble run <i>Can you time it and see how long it lasts? Can you make it last 30seconds?</i></p>	<p>I can make a well-balanced lunch</p> 
<p>I can write a letter to someone I've not seen in a while.</p> 	<p>I can create a boat that can sail on water with as many cubes (on something similar) as possible inside.</p>	<p>I can make up my own story and act it out (myself or with puppets/toys).</p>	<p>I can find and name some insects in the garden.</p> 	<p>I know what to do in an emergency.</p>

I can create a family tree.



I have tried origami

I can create and perform my own song or dance routine.



I can identify and name different types of flowers and trees.

I can identify and name different types of clouds.



I can plan a route on a map.

