

Oak Specialist - Applying Learning

Independent Living

Unit 3 - Daily Living Skills

Melanie



Unit 3 - Daily Living Skills

Lesson 1- Recycling

Learning about why we recycle and how to do it at home.

Lesson 3- Sending a parcel or email

Learning how to address, stamp and send a letter or parcel, and how to send an email.

Lesson 5- Preparing a Simple Meal

Learning to read a simple recipe to create a simple meal.

Lesson 2- Managing a Routine

Understanding what makes a balanced daily routine.

Lesson 4- Preparing for a Trip

Understanding what to pack for a trip and how it differs depending on the destination.

Lesson 6- Meals for Different Times

Understanding why we eat different meals at different times of the day.



Lesson 2- Managing your own routine



Teacher notes- Lesson 2

Learning intention: to understand what makes a balanced daily routine.

1. Thinking about our current daily routine. Beginning by breaking the day into morning routine, afternoon routine and evening routine.
2. Thinking of the activities we enjoy doing the most and the activities we need to do to maintain a balanced routine. E.g. playing on the computer and exercising.
3. Writing a list of the things we enjoy and a list of the things that we should be doing. E.g. staying active, keeping our home clean, spending time with loved ones.
4. Creating a new routine to include one of the things from the list of things we enjoy and one of the things from our list of things we should be doing.

Additional resources: pen, paper, colouring pencils (optional)



Oak Specialist

Managing your own routine

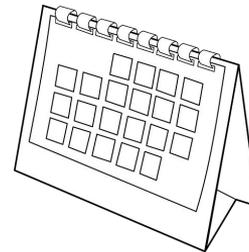
Applying Learning



Lesson Activity Stages

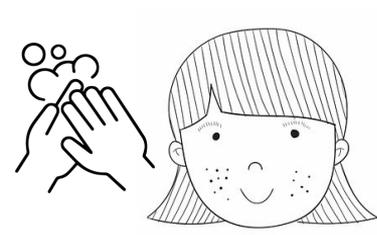
This lesson will be taught in 4 stages-

1. Sequence a typical day - morning, afternoon and evening
2. List the activities that you enjoy most
3. List the activities you should do for a healthy, balanced routine
4. Starting with Monday, choose 1 activity, and begin creating your healthy routine



Here is a list of my morning routine...

Morning
9am to 12pm
(3 Hours)



AM
Work

Wake-up

Wash

Brush Teeth

Eat

Breakfast



Here is a list of my afternoon routines...

Afternoon
12pm to 4pm
(4 Hours)



PM



Eat



Lunch



Watch TV



Work



Here is a list of my evening routines...

Evening
4pm to 10pm
(6 Hours)



PM



Shower



Watch TV



Eat



Dinner



Watch TV



Go to Bed

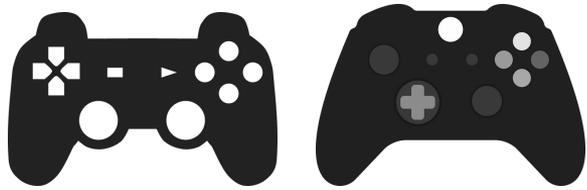


Activity 1

What do you like to do in your free time?

1. **Write a list** of some of your **favourite activities** that you like to do in your free time.





Playstation or Xbox



Ipad or Iphone



Watching TV



Listening to Music



Activity 2

What do we need to do as part of a healthy routine?

1. **Make a list** of some of the **chores** and things that you need to do as part of a balanced routine.





Exercising



Tidying up



Learning



Family and friends



Activity 3

Create your own balanced routine.

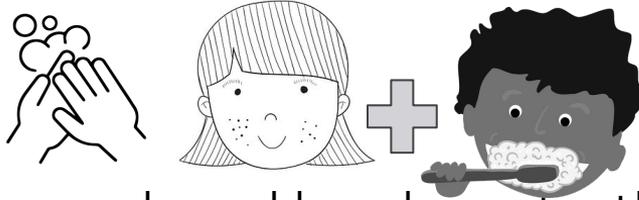
1. Using your list of activities that you enjoy and activities you need to do, **pick one from each to create a balanced routine of your own.**



Monday



Morning



wash and brush my teeth



breakfast



work



Afternoon



lunch



watch TV



work



exercise



Evening



dinner



relax



shower



go to bed



Independent Living

Applying Learning

Routines - Managing your own routine

Make it easier

- Make a visual routine for one day of the week, drawing your activities instead of writing them.

Make it harder

- Create a routine including the time you will start and finish each activity.
- Prioritise your activities from most to least important.

More ideas

- Make one routine for a work day and a different routine for a weekend.
- Find out if people with different jobs have different routines.



Signposting

Independent Living:

- Applying Learning- Balanced leisure activities (Unit 2)
- Building Understanding- Creating a visual schedule (Unit 3)
- Building Understanding- Morning hygiene routine (Unit 2)

Occupational Therapy:

- Executive functioning/organisation (Unit 5)
- Activities of daily Living (Unit 6)

Numeracy:

- Building Understanding/Applying Learning- Time (Unit 4)

