

Oak Specialist

# **Independent Living**

## **Unit 1- Home Management**

Building Understanding



# Unit 1- Home Management

## Lesson 1- Cleaning in the home

Recognising common cleaning equipment and where to use it.

## Lesson 3- Sorting in the kitchen

Recognising kitchen appliances and what we use them for.

## Lesson 5- Clothes for occasions

Identifying different items of clothing dependent on the occasion or weather.

## Lesson 2- Setting the table

Counting equipment needed and using a visual to set the table.

## Lesson 4- Organising clothes

Sorting clothes by category and folding correctly.

## Lesson 6- Using a washing machine

Following step by step instructions to use a washing machine.



# Lesson 6- Using a washing machine



# Teacher notes- Using a washing machine

Learning Intention- To develop independence in the steps to putting a wash on.  
To learn the steps to using a washing machine.

1. Use white and dark clothes to sort into two piles. Make this visual. Use clean clothes if practising.
2. Identify seven steps to putting on a wash. Talk through each step using the images.
3. Can you sort the steps into the correct order. First try with the description, next try without. Eg what's step one?
4. Use a camera to take a photo of each step so that you can follow at home.  
Watch the video for support before following images to put on a wash.

Resources needed: white and dark clothes, washing machine, camera phone



## Safety notice

**This lesson uses washing detergent. Please use with caution and ensure learners are supervised when using it to complete the lesson.**



Home Management

# Using a washing machine

Building Understanding



# Lesson Activity Stages

1. Sort clothes
2. Identify steps to using a machine
3. Follow steps to put on washing



# You will need



**white/light clothes**



**dark clothes**



**washing basket**



**phone camera**



**washing machine**



# Sorting washing



Use two baskets or areas to sort your washing from the washing basket into two piles - whites/lights and dark/colours. Choose one item at a time.



# Step 1- Open the door



Teacher's own image



## Step 2- Put clothes in



Teacher's own image



## Step 3- Close the door



Teacher's own image



## Step 4- Open drawer



Teacher's own image



## Step 5- Put detergent in



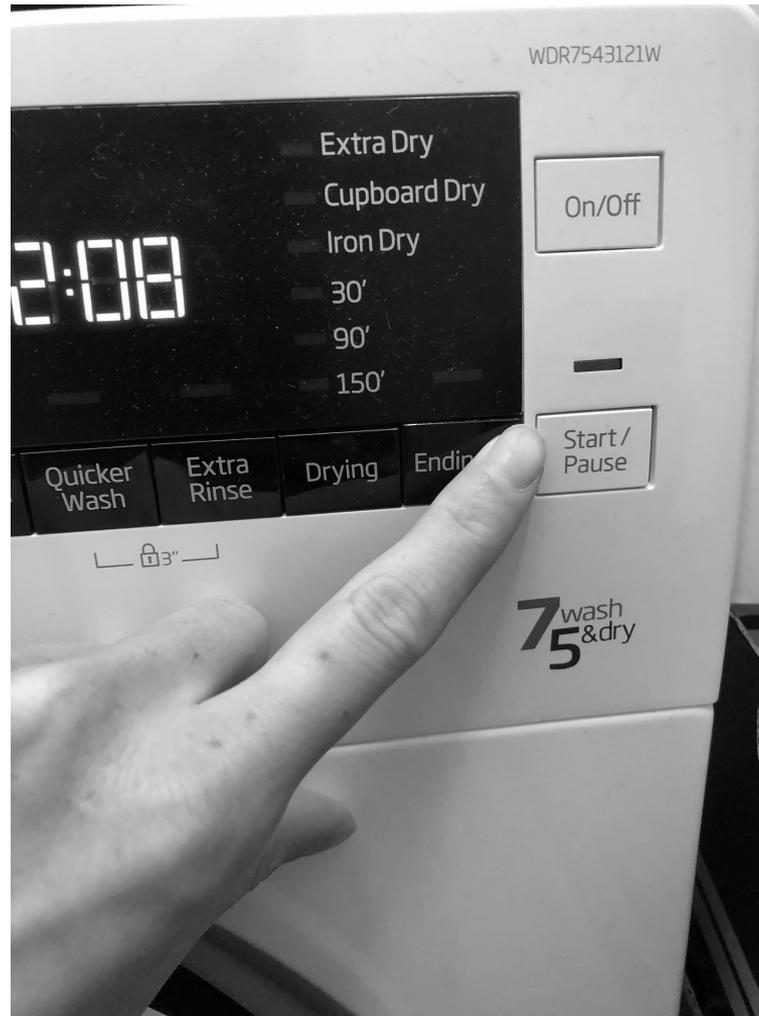
## Step 6- Choose setting



Teacher's own image



## Step 7- Press start



Teacher's own image



# The images are mixed up- Can you put the steps in order?

Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7
Open door	Put clothes in	Close door	Open drawer	Put detergent in	Choose setting	Press start



# The images are mixed up- Can you put the steps in order?

Step 1

Step 2

Step 3

Step 4

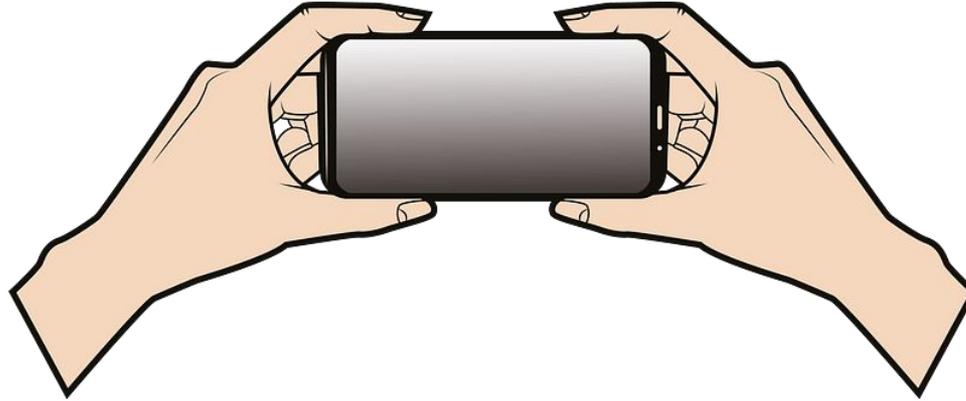
Step 5

Step 6

Step 7



**Take photos of each of the 7 steps**



# Independent Living

## Building Understanding

Using a washing machine

### Make it easier

- Explore hand washing clothes using water and bubbles
- Build up to completing all the steps

### Make it harder

- Build using the washing machine into your weekly routine
- Can you hang the wet washing?

### More ideas

- Pair the job with a song. Can you make putting on the washing fun?
- After the washing is dry, sort it into family member piles



# Further learning with Oak National

## Independent Living:

- Building Understanding- Organising clothes (Unit 1)
- Applying Learning- Organising clothes (Unit 1)
- Applying Learning- Reading clothes labels (Unit 1)

## Communication and Language:

- Building Understanding/Applying Learning- Clothes and Fashion (Unit 3)

## Occupational Therapy:

- Activities of daily living (Unit 6)



# References

Slide 8- Linen, Unsplash / Materialmix black clothes Sari Montag, Flickr Attribution-ShareAlike 2.0 Generic (CC BY-SA 2.0) / Plastic laundry basket vector drawing, Publicdomainvectors.

