

Oak Specialist

# Independent Living

## Unit 1- Home Management

Applying Learning



# Unit 1- Home Management

## Lesson 1- Using cleaning products

Recognising common cleaning products and warnings on the labels.

## Lesson 3- Reading clothes labels

Identifying key washing symbols and what they mean.

## Lesson 5- Using the kitchen safely

Recognising different kitchen utensils and appliances, and how to use them safely.

## Lesson 2- Hygiene at home

Using the correct cleaning product and cloth for the job.

## Lesson 4- Organising clothes

Sorting clothes by category and folding correctly.

## Lesson 6- Reading food labels

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



# Lesson 3 - Reading clothes labels



# Teacher notes- Lesson 1

## Reading clothes labels

Learning Intention: To know how to prepare your clothes for washing and what the main 4 washing symbols on clothes labels mean.

1. Sort washing into piles ready for washing (whites, darks, colours).
2. Choose an item of clothing and find the washing label.
3. Find the washing symbols on the label; what do you think they mean?
4. Match the washing symbol to its meaning.

Resources needed: Different colour clothes, pen and paper



Home Management

# Reading clothes labels

Applying Learning



# Lesson Activity Stages

This lesson will be taught in 4 stages:

1. Sorting our washing into groups by colour.
2. Finding the washing symbols on our clothes.
3. Learning the meaning of 4 main washing symbols.
4. Putting our clothes into the washing machine.



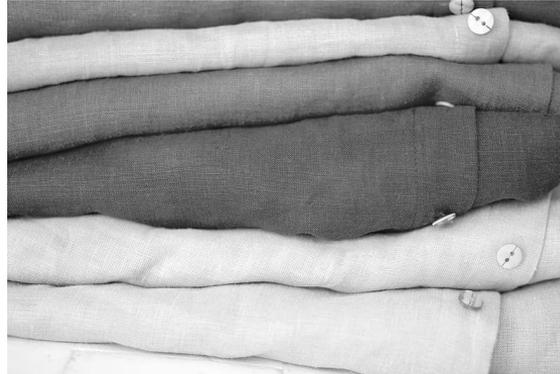
# Activity

1. Begin by sorting your washing into piles by colours. To learn how to do this, Watch the support video on the following slide.

## Whites



## Colours



## Darks



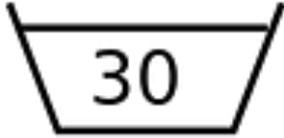
# Activity

1. Choose an item of clothing and find the label. What symbols can you see?

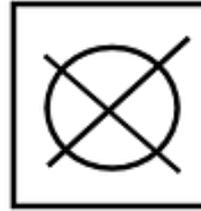


Take a look at these 4 washing symbols found on some of your clothes.

1.



2.



3.

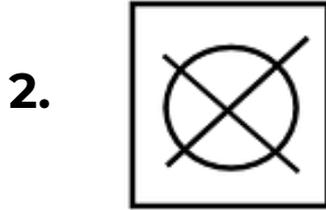
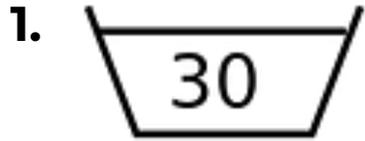


4.



## Activity

1. Can match the symbols with their true meaning.



Do not tumble dry

Iron at a low temperature

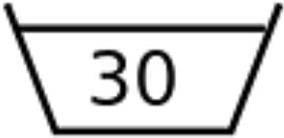
Wash at 30°

Hand wash only



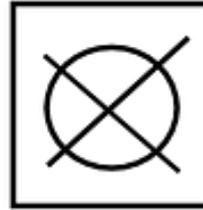
# Let's check your answers

1.



Wash at 30°

2.



Do not tumble dry

3.



Hand wash only

4.



Iron at a low temperature



# Independent Living

## Applying Learning

Reading labels on clothes

### Make it easier

- Practice sorting your clothes into dark and light colour piles.
- Try to find and match one of the washing symbols on the labels of your clothes.

### Make it harder

- Find the best washing cycle for your clothes on the washing machine.
- With parent/carer permission, use google to look up the meaning of some of the other washing symbols on your clothes.

### More ideas

- Have a go at hanging your clothes out to dry, ironing them and folding them away.
- Try hand washing an item of clothing using the correct washing detergent.



# Further learning with Oak National

Independent Living:

- Building Understanding- Using a washing machine (Unit 1)
- Building Understanding- Organising clothes (Unit 1)



# References

Slide 7- White Shirt Bright Free Photo, KaoruYamaoka, pixabay / red, color, clothing, stack, Artist (unknown), pxhere / Materialmix black clothes, Sari Montag, Flickr Attribution 2.0 Generic (CC BY 2.0)

Slide 8- Sign in clothes, clothing, tickets, Pixabay

Slide 9- Washing instructions clothing tag, Pixabay

