

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 1- Recycling



Teacher notes- Lesson 1

Learning Intention: to understand the importance of recycling and how to do it at home.

1. Understanding why we need to recycle and whose responsibility it is.
2. Learning about household recycling. What items can be recycled and identifying them in our own homes.
3. Learning about different ways to recycle and other items that can be recycled, such as electrical equipment and clothes.
4. Sorting our recycling ready to be recycled and what happens to it next.

-Additional resources: pen and paper, recyclable materials (e.g. plastic, metal, card, glass)



Daily Living Skills

Recycling

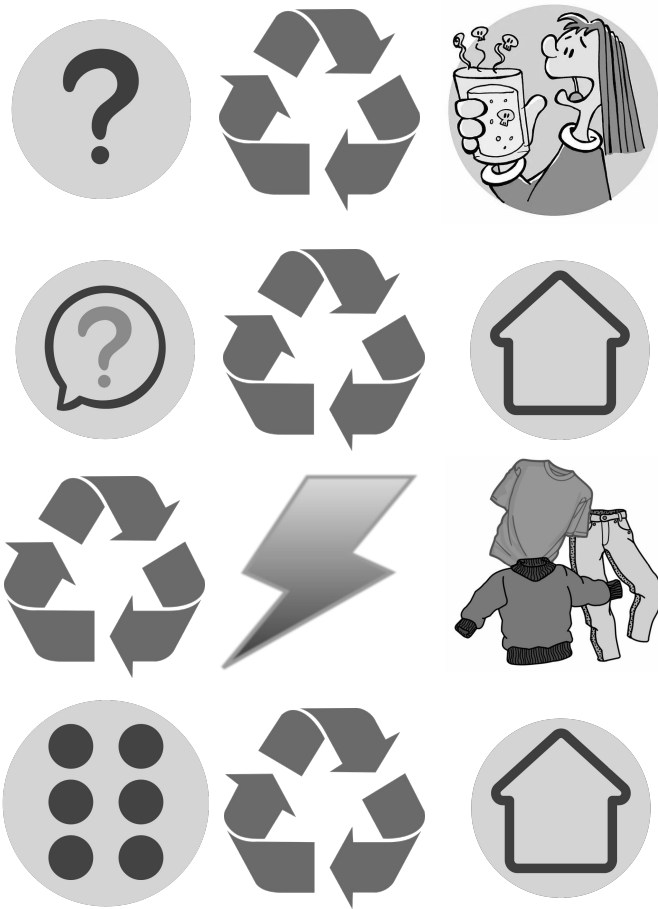
Applying Learning



Lesson Activity Stages

This lesson will be taught in 4 stages:

1. Why we need to recycle.
2. What can we recycle from home?
3. What else can we recycle and how?
4. Sorting our recycling at home.



Why should we recycle?



What can we recycle?



How do we recycle household waste?



Activity

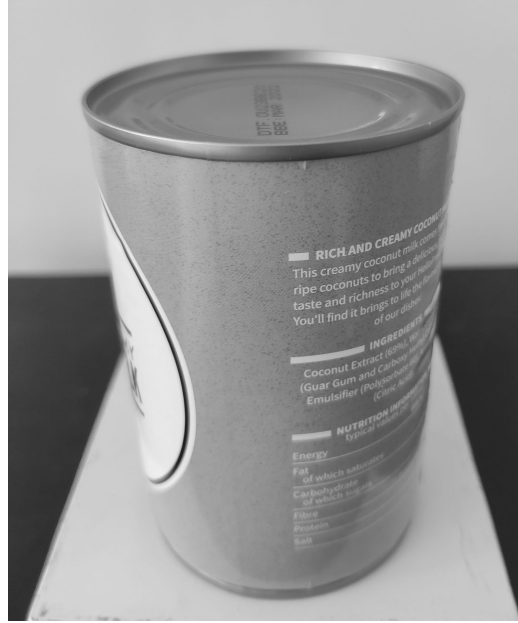
1. Can you see any plastic, metal, glass or cardboard containers in your cupboards or fridges at home? Write down what you find.



Here are some of the items I found at home.



Glass Jar



Metal Can



Cardboard Box



Plastic Pot



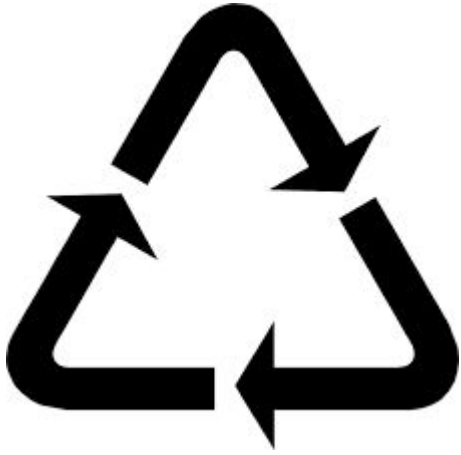
How do we recycle electrical items?



How do we recycle clothes?



Recycling logo found on recyclable packaging.



Activity

1. **Watch the support video** in the worksheet to learn how to separate your recycling. Then **start recycling at home**.



Independent Living

Daily Living Skills

Recycling

Make it easier

Focus on plastic recycling and pollution. Sort through different plastics in your home for recycling.

Make it harder

Learn about items that can't be recycled as well as renewable and non-renewable items.

More ideas

Learn about other types of pollution. Eg; Different ways of creating energy that is less harmful to the environment. (Renewable and non-renewable energy)



Signposting

Independent Living:

- Building Understanding- Recycling (Unit 3)

Communication and Language

- Our World (Unit 5)

Numeracy:

- Building Understanding/ Applying Learning- Shape and sorting (Unit 2)



References

Slide 6- Pixabay

Slide 7 - Pxhere, Pixabay

Slide 8 -Pikist, Pikrepo, Pixabay

Slide 9 - Teacher's own image

Slide 11 - Teacher's own images

Slide 12 - Geograph, Needpix, Pixabay, Publicdomainvectors, FreeSVG

Slide 13 - Pixabay

Slide 14 - Pexels, Publicdomainvectors

