

Oak Specialist

# Independent Living Personal Care

Building Understanding



# Unit 2- Personal Care

## Lesson 1- Five a day

Making a healthy smoothie using five fruit and vegetables.

## Lesson 3- Turn taking

Games and activity suggestions to encourage turn taking.

## Lesson 5- Managing emotions

Recognising familiar emotions and identifying strategies to manage these.

## Lesson 2- Morning hygiene routine

Identifying morning hygiene activities and creating a routine.

## Lesson 4- Fine/gross motor circuit

Activity suggestions to encourage development of fine and gross motor skills

## Lesson 6- How to relax

Activity suggestions to learn how to relax and self regulate.



# Lesson 3- Turn taking



# Teacher notes- Turn taking

Learning Intention: To develop turn taking, joint attention and initiation skills

The lesson content is shared as three individual games with accompanying videos to follow and play with your learner. The games are designed to encourage communication, turn taking, joint attention and interaction.

1. Collect the items needed for the game
2. Read the aim of the game and how to play
3. Watch the short video clip
4. Play the game with your learner

There are three games in the lesson- Socks, First to 20 and Matching Pairs!



Personal Care

# Turn Taking

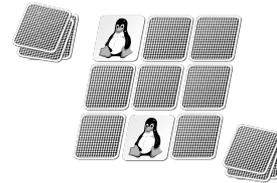
Building Understanding



# Lesson Activity Stages

There are three games to play to develop turn taking skills-

- Socks
- First to 20!
- Matching pairs



# Game 1- Socks



**You will need:** Ten pairs of socks and a bowl or box

**Rules of the game:** Each player has five sock balls. First to get all five socks balls in the bowl or box wins.

**How to play:** Roll each pair of socks into a ball. Make two lines- one to start on and one to aim to and put the box or bowl on the second line. The distance between the lines is the distance you will throw the socks to. Take it in turns to throw one of your sock balls one at a time into the bowl or box. When you successfully land your sock ball in the box or bowl you get one point!

**Skills to develop:** Turn taking, anticipation, accuracy, gross motor



## Game 2- First to 20!



**You will need:** A dice and collection of small items such as buttons, counters or lego bricks

**Rules of the game:** Roll the dice and count the amount of items of the number on the dice. First to 20 items wins.

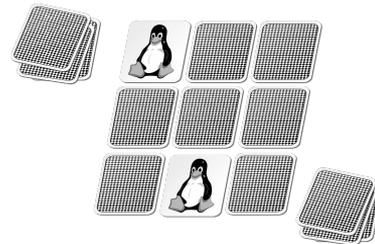
**How to play:** Roll the dice and read out the number you have rolled. Count the amount of items out that match the dice. Use a number line to help if needed. Take it in turns to roll. Keep counting items until you reach 20!

**Skills to develop:** Numeracy (numbers and addition), turn taking, fine motor, prediction



## Game 3- Matching Pairs

**You will need:** Paper or card, pens, scissors



**Rules of the game:** Turn two cards over at a time to find a pair. When you find a pair you collect the cards. The player with the most pairs wins.

**How to play:** Cut card or paper into an equal number of squares. Draw the same image or shape on two of the cards until you have no blank squares left. Turn all the cards over and position in a grid. Take it in turns to turn two cards over at a time. If they match you can keep them and have another go. If they do not match, turn them back over and it is the next players go.

**Skills to develop:** short term memory, turn taking, fine motor, anticipation



# Independent Living

## Personal Care

### Turn taking

#### Make it easier

Use 'my turn' and 'wait' cards to hold when it is either your turn to play or you have to wait until your go. This is a visual way to support the language used.

#### Make it harder

- Introduce more than two players so that players have to wait for longer in between their go.
- Design your own turn taking game with items found in your home.

#### More ideas

- Use the idea of turn taking when trying something new or less preferred e.g my turn to try and then your turn to try.
- Encourage peer to peer turn taking.



# Further Learning with Oak National

## Independent Living:

- Building Understanding- Fine/gross motor activities (Unit 2)
- Applying Learning- Balanced leisure activities (Unit 2)

## Occupational Therapy:

- Fine Motor Skills (Unit 2)

## Numeracy:

- Number (Unit 1)
- Shape and sorting (Unit 2)



# References

Slide 6- Pair of white-and-black striped socks on brown surface, Pikrepo / 6 sided dice, Diacritica, Wikimedia Commons/ Memory card game, Needpix

