

Oak Specialist

Independent Living

Unit 1- Home Management

Building Understanding



Independent Living: Home Management

Lesson 1- Cleaning in the home

Recognising common cleaning equipment and where to use it.

Lesson 3- Organising clothes

Sorting clothes by category and folding correctly.

Lesson 5- Sorting in the kitchen

Recognising kitchen appliances and what we use them for.

Lesson 2- Setting the table

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

Lesson 4- Clothes for occasions

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

Lesson 6- Using a washing machine

Following step by step instructions to use a washing machine.



Lesson 3- Organising clothes



Teacher notes- Organising clothes

Learning Intention: To manage clothes in a functional way

The lesson content is shared as four individual activities to follow and practice at your own pace and in context where possible.

1. Matching clothes to their label e.g. there are different types of t-shirts but they are all labelled 't-shirts'. Can your learner identify each clothing item to their label?
2. Sorting clothes depending on the category, e.g for washing; lights and darks, for family members, by colour, by item.
3. Folding clothes before putting them away and learning how to teach this.
4. Hanging clothes in different ways including how to use a coat hanger in the wardrobe.

-Additional resources needed to complete lesson: clothes, hangers, clothes airer or washing line



Home Management

Organising Clothes

Building Understanding



Lesson activity stages

1. Matching clothes
2. Sorting clothes
3. Folding clothes
4. Hanging clothes



Lesson activities for managing and organising clothes



Matching



Sorting



Folding



Hanging



1. Matching clothes



Matching clothes

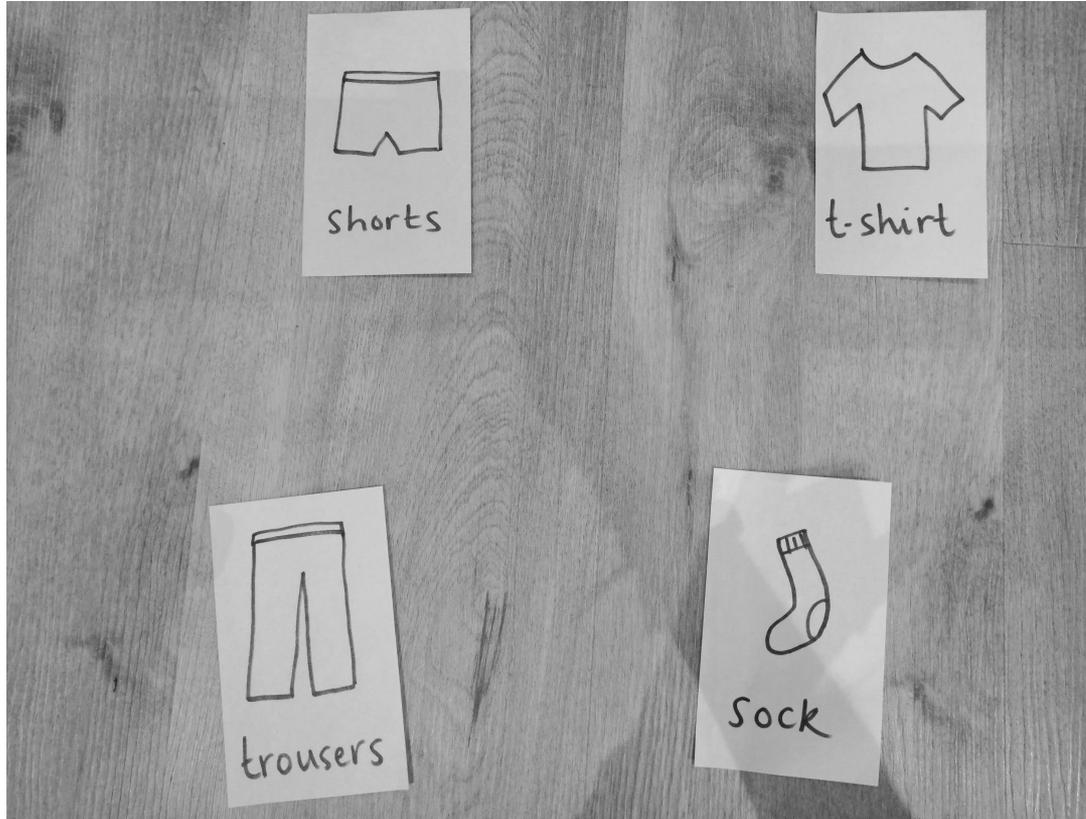


2. Sorting clothes

By <u>item</u> e.g. t-shirts, jumpers, dresses	By <u>colour</u> e.g. all the blue clothes together
For <u>washing</u> e.g. lights and darks	By <u>size</u>
By <u>family member</u> e.g. which clothes belong to Mum/brother?	By <u>weather</u> e.g. summer/winter/rainy



Sorting clothes



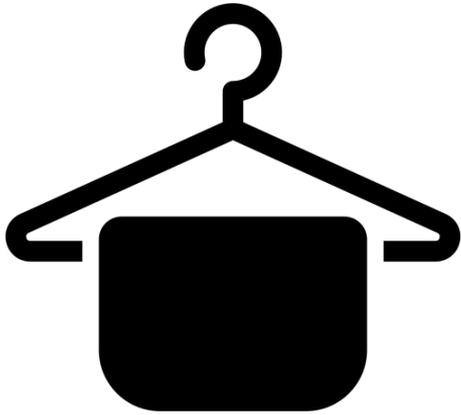
3. Folding clothes



If you are unsure how to fold your clothes, get a parent or carer to show you first, then have a go by yourself.



4. Hanging clothes



coat hanger



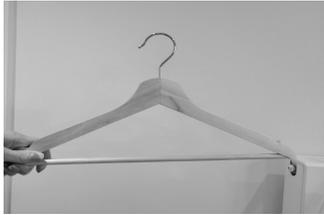
airer



washing line



Hanging clothes



1. Get hanger



2. Get jacket



3. Put jacket in one hand and hanger in the other



4. Put hanger into the jacket



5. Hold jacket and hanger with one hand



6. Pull jacket round to the front of the hanger



Independent Living Home Management

Organising clothes

Make it easier

Start with matching or sorting clothes and build independence within the tasks.

Collect pairs of socks and mix them up individually. Can you match the socks together?

Make it harder

Collect the washing from the washing machine and practice hanging wet washing either on an airer or washing line.

If safe to do so, introduce the iron and ironing board.

More ideas

Use natural contexts to practice and develop these skills e.g. after taking clothes off for bed can you fold them back into the drawers or sort them into clean and dirty?



Further Learning with Oak National

Independent Living:

- Applying Learning- Organising clothes (Unit 1)
- Applying Learning- Preparing for a trip (Unit 3)
- Building Understanding- Clothes for occasions (Unit 1)

Communication and Language:

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



References

Slide 7- Two red-and-black foliage crew-neck T-shirts hanging on hanger, Wallpaper Flare / Wardrobe coat hanger, Pxfuel / Basket with dirty laundry, Free SVG / Alison Krejci, Folded laundry stack, Pixabay

Slide 13- Clotheshorse, Trollderella, Wikimedia Commons / Wire hanger silhouette, Public Domain Vectors / Washing line, Pixabay

