

Oak Specialist

Independent Living

Unit 3 - Daily Living Skills

Applying Learning



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 4 - Preparing for a trip



Teacher notes- Lesson 4

Learning intention: to understand what you need pack for a trip and how to pack your own bag.

1. Understanding what you need to take on a trip depending on your destination. E.g. beach wear for a beach holiday.
2. What to pack for a trip to somewhere warm. E.g. Shorts and t-shirts.
3. What to pack for a trip to somewhere cooler. E.g. Jumpers and trousers.
4. Support video to model packing a bag. Time to practise packing your own bag.

-Additional resources: pen, paper, small suitcase or bag, clothes and shoes.



Daily Living Skills

Preparing for a trip

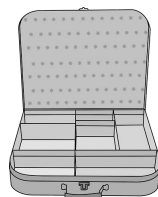
Applying Learning



Lesson Activity Stages

This lesson will be taught in 4 stages-

1. Thinking about the type of trip you are going on.
2. What you need for a trip to a warm place.
3. What you need for a trip to a cool place.
4. Packing your bag.



Where are you going on your trip?



Beach



Countryside



City



Packing for a trip to somewhere warm



Shorts

T-shirt

Swimwear

Pyjamas

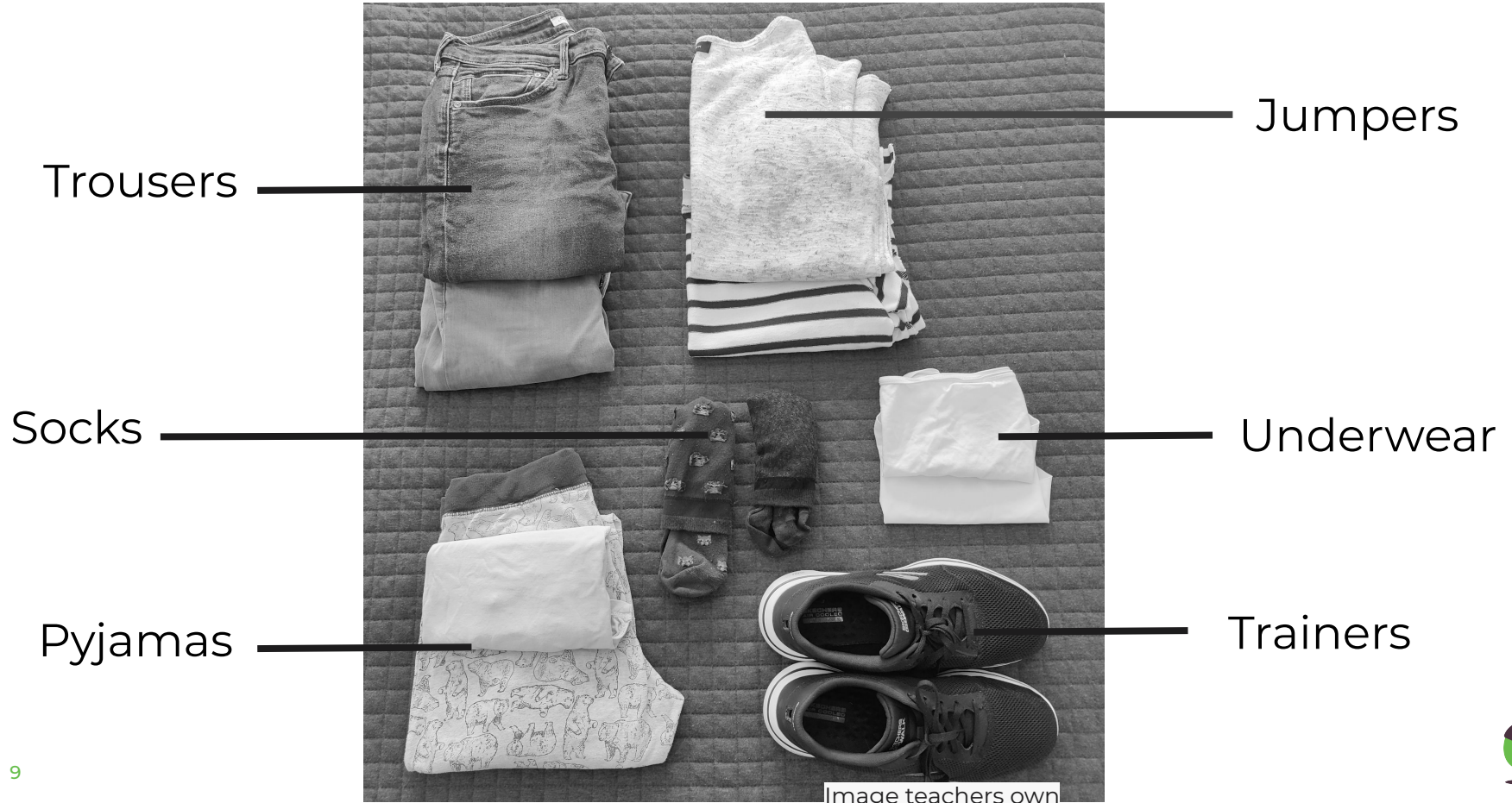
Underwear

Sandals

Image teachers own



Packing for a trip to somewhere cool



Other items to pack when going on a trip



Image teachers own



Activity

Have a go at packing your own bag.

Things to think about...

- How long are you going for?
- What is the weather going to be like at your destination?
- Is there a swimming pool or beach?
- Will I need to walk far?



Independent Living - Daily Living Skills

Preparing for a trip



Make it easier

Practise packing an overnight bag at home, recalling what you need to stay overnight away from home.



Make it harder

Think of what you would need to pack for a week away in different climates. Pack for visiting a cold place and a hot place.



More ideas

Now you know how to pack a bag, why not learn to plan your own trip? With your parent/carer research different areas and how you would travel there.



Signposting

Independent Living:

- Building Understanding- Transport (Unit 4)
- Building Understanding- Planning a journey in the community (Unit 4)
- Applying Learning- Organising clothes (Unit 1)
- Applying Learning- Planning a journey (Unit 4)
- Applying Learning- Safety on transport (Unit 6)

Communication and Language:

- Building Understanding/ Applying Learning- Clothes and fashion (Unit 3)
- Building Understanding/ Applying Learning- Holidays (Unit 6)



References

Slide 7 - Ko Orlina Beach, livplasmaddie/ Landscape, pixhere/ A sidewalk cafe, holeinthedonut

Slide 8 - Teacher's own image

Slide 9 - Teacher's own image

Slide 10 - Teacher's own image

