

Oak Specialist

Independent Living

Unit 2- Personal Care

Applying Learning



Unit 2- Personal Care

Lesson 1- Self-care and Hygiene

Developing healthy hygiene habits and routine.

Lesson 3- Daily Recommendations

Learning about calories and what the daily recommendations are for boys and girls.

Lesson 5- Celebrating Ourselves

Recognising and celebrating our accomplishments and those of others.

Lesson 2- Balanced Plate of Food

Understanding the 5 main food groups and what to eat to stay healthy.

Lesson 4- Balanced Leisure Activities

Thinking about activities to do in our free time and what is available in our local area.

Lesson 6- Managing Emotions

Identifying and understanding negative emotions and learning strategies to help.



Lesson 4- Balanced leisure activities



Teacher notes- Lesson 4

Learning Intention: to understand how to manage free time and search for local clubs and activities.

- Thinking about the different activities and clubs available.
- Understanding how clubs, hobbies and clubs can support us to make friends and build skills.
- Learning how to search for clubs and activities in your local area.

Additional resources: pen and paper



Personal Care

Balanced leisure activities

Applying Learning

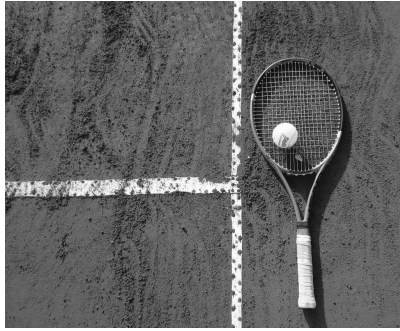


Lesson Activity Stages

1. Making a list of the activities we enjoy doing in our free time.
2. Learning how to find activities in our local area.
3. Searching for activities you enjoy in your local area.



Sport Activities



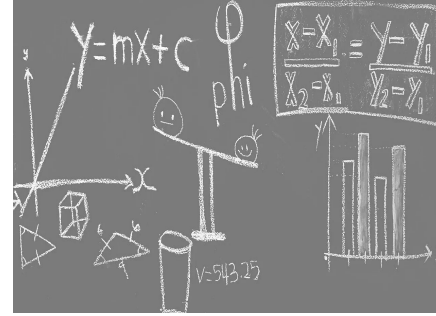
Creative Activities



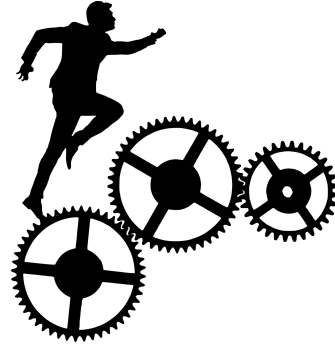
Educational Activities



WILLKOMMEN
欢迎 स्वागत
BIENVENIDA
WELCOME
BIENVENUE ようこそ
добро пожаловать
ترحيب BEM-VINDO



Having hobbies can help you to build other skills...



Activity

1. Watch the support video in the worksheet and use your list to have a go with your parent/carer at searching for local clubs and activities in your area.

Things to think about:

- Where is the club or activity?
- How will I travel there?
- How much does it cost to join?



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Make it easier

Create your own choosing board by drawing some of the activities you enjoy to do on a piece of paper. You can then use this to choose what to do in your free time.

Make it harder

See if you can find activities in your area with a parent/carer on other websites. Such as, your local leisure centre.

More ideas

Have a go with your parent/carer at filling out an application form for one of your chosen clubs/ activities. Make a list of some hobbies or activities that you have never done before and try them out at home.



Signposting

Independent Living:

- Building Understanding- Creating a visual schedule (Unit 2)
- Building Understanding- Turn taking games (Unit 2)
- Applying Learning- Managing a routine (Unit 3)

Physical Development:

- Keeping fit, strong and healthy (Unit 3)



References

Slide 7- Tennis, Pixabay / Football, Pixabay / Swimming, Pixabay / Cricket, Pixabay

Slide 8- Art watercolours, Pixabay / People play, Pixabay / Classical guitar, Pixabay / Dancing, Wallpaper Flare

Slide 9- Mac freelancer, Pixabay / Welcome words, Pixabay / Fountain pen, Pixabay

Slide 10- Restaurant flirting, Pixabay / People three, Pixabay / Analysis automation, Pixabay / Cranium head, Pixabay

