

Sample Timetable Life Skills (14-18 years old)

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00	Check-in, Exercise and Morning Rota				
08:15	<p style="text-align: center;">Work Awareness</p> <p>Finding out about different occupations, Health and safety at work, Different types of jobs, Responsibilities at work, Teamwork, Getting help</p>	<p style="text-align: center;">Basic Digital Skills</p> <p>Using computers, Using social media, Using the internet, Checking emails, Word Processing, Using Spreadsheets, Using application basics</p>	<p style="text-align: center;">Community Trip</p> <p>Going out in the community, Using public transportation, Ordering food and drinks, Making purchases, Reading signs and timetable, Asking for help,</p>	<p style="text-align: center;">Work Simulation: Office or Coffee Shop</p> <p>Communication, Interpersonal skills, Problem solving, Time management, Following work log and instructions, Teamwork, Self-confidence and Self-esteem</p>	<p style="text-align: center;">Money and Numeracy Skills</p> <p>Counting in multiples, Coins and notes, Creating a budget, Checking for changes, Comparing values, Addition and subtraction</p>
09:45	Morning Break & Snack				
10:15	<p style="text-align: center;">Meal Preparation</p> <p>Life skills cooking, Basic culinary skills, Recipe reading and following, Time management, Meal planning, Healthy eating lifestyle</p>	<p style="text-align: center;">New Horizons</p> <p>Personal skills, Strengths and interests, Leisures, Family and friends, Experience local community, Helping others, Citizenship, Relationships</p>	<p style="text-align: center;">Developing Communication Skills</p> <p>Verbal and non-verbal communication across daily activities such as going shopping, interviewing, asking for direction, giving presentation</p>	<p style="text-align: center;">Personal, Health and Safety</p> <p>Keeping safe and healthy, Road safety, Kitchen safety, Public and private places, Emergency contacts, Stranger danger</p>	<p style="text-align: center;">Baking Basics</p> <p>Measuring skills, Fine motor skills, Using the oven, Preparing snacks, Recipe reading and following, Healthy choices, Teamwork, Kitchen safety</p>
11:45	Lunch Break				
12:45	<p style="text-align: center;">Personal Care Routine</p> <p>Hygiene practices, Clothing and dressing, Hair and nail care, Emotional well-being, Nutrition and regular exercise</p>	<p style="text-align: center;">Team Building and Social Skills</p> <p>Collaboration and cooperation, Communication, Leadership and followership, Resilience, Coping strategies, Friendship</p>	<p style="text-align: center;">Everyday Living and Using Leisure Time</p> <p>Sports and fitness activities, Morning routine, Mealtime etiquette, Laundry skills, Safety measures, Responsibility for Belongings</p>	<p style="text-align: center;">PSHE</p> <p>Emotional wellbeing, Hobbies, Personal development, Relationships, Future choices, Personal responsibilities</p>	<p style="text-align: center;">Independent Living</p> <p>Basic self-care and daily routines, Cooking basics, Safety awareness, Transportation, Emergency, Basic first aid</p>
14.15	Social Time and Afternoon Rota				