

Cooking session extension ideas/skills focuses:

- Level of independence in using a utensil (e.g rolling pin, mixing with bowl and spoon, cutting safely)
- Knowing and following the hygiene rules
- Choosing healthy sandwich fillings/planning a healthy meal or lunch
- Following a recipe which is very simplified with symbols
- Sequencing the steps of a recipe after using it
- Weighing and measuring, taking turns to use an item safely e.g pasta crank machine)
- Taking something yummy at school home for family without eating it (wrapped up labelled with name, choosing the family member if they can)
- Colourful semantics to describe the steps of cooking using photos taken at the time

Other Life Skills/ Self Help ideas:

- Helping with chores: cleaning windows **with non-toxic spray**, wiping tables, sweeping floor, brush and dustpan, washing down outdoor furniture or trying a turn with the Hoover if not too scary!!
- Washing the dishes after a demo and referring to a visual schedule
- Safe coughing, sneezing blowing our noses and tissue disposal, understanding of how virus and germs can be spread
- Shoes: taking our shoes on and off / tying laces and helping others with shoes (extend session with finding pairs of shoes that match, remembering whose shoes are whose 'Can you find Name's shoes?' or cut and paste activity to pair shoes, making a practice shoe with holes cut to thread laces)
- Clothes fastenings: practising zips and buttons, dress the doll or teddy in baby clothes to practise or have fun trying on an adults coat (both above sessions can be extended by including watching related songs on YouTube, communication skills practise around the topic e.g vocab for parts of shoe and clothes (sole, tongue, laces, velcro, pocket, hood, sleeve, cuff)
- Winter accessories - putting on our hats, gloves and scarves and asking for help when we need it, which children can help?
- Which clothes for which weather (sorting activity with real clothes or pictures dressing a paper doll according to weather shown in the background, sorting items for sunny days and rainy days)
- Getting ready for play a hot day - putting on our sun cream, sun hat, sunglasses and filling our water bottles, or planning a trip to the seaside on a sunny day - what needs to be packed?
- Laundry- folding jumpers and balling socks together and tidying folded items into a stack, can you carry it carefully without dropping it? Could also practise pegging on a line or hanging over a rack.
- Make the bed - learn vocab (sheet, pillow, duvet, mattress) and make the bed using a PE mat or mattress on the floor (and then get in and pretend to sleep or put a teddy to bed)
- Setting the table with plate cup, cutlery and napkin (a printed sheet can be used to place items on by matching can be used for those who need it) include counting the children before you count the cups to see how many are needed etc). Include a tablecloth and flowers if you want to be fancy and throw a mini party/Christmas dinner practice
- Lining up - this can also be fun to practice, balancing on a drawn line, getting into time when your name is called as fast as you can etc, taking turns to be the teacher lining everyone up and playing follow the leader once your inline singing a chant
- Shopping lists- what ingredients do we need for cooking or if we are planning a party? All can vote for party foods and decorations they want using pictures to support, most popular are bought (also special maths lesson)
- Trips to a local shop or cafe, choose an item
- Restaurant role play- look at menus and pretend to order, take turns to be the waiter