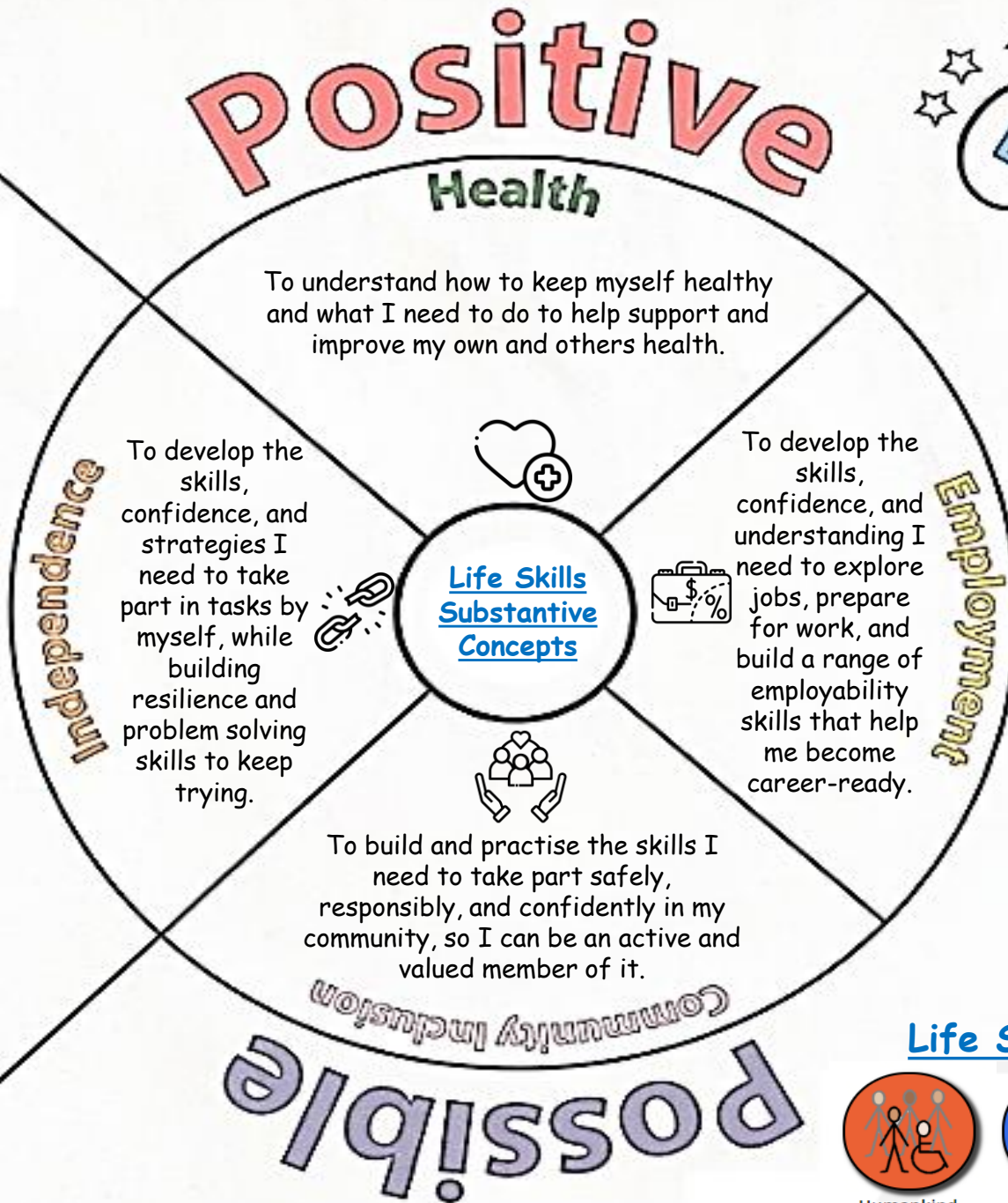


## Life Skills - Our Why?

The aim of life skills at Discovery is to provide our pupils with learning opportunities and experiences that prepare them for adulthood and life beyond Discovery Academy. Implementing our life skills curriculum will allow our students to leave school feeling confident and ready for the outside world, allowing them to develop and thrive within our Substantive Concepts that allow them to become active, resilient and confident members of society.



1. Communication and Interaction
2. Social Understanding and relationships
3. Sensory, Interests, Routine and Relationships
4. Emotional Understanding Self-Awareness
5. Healthy Living
6. Independence and Community Participation

### Life Skills Big Idea Links:



Humankind



Place and Space



Exploration



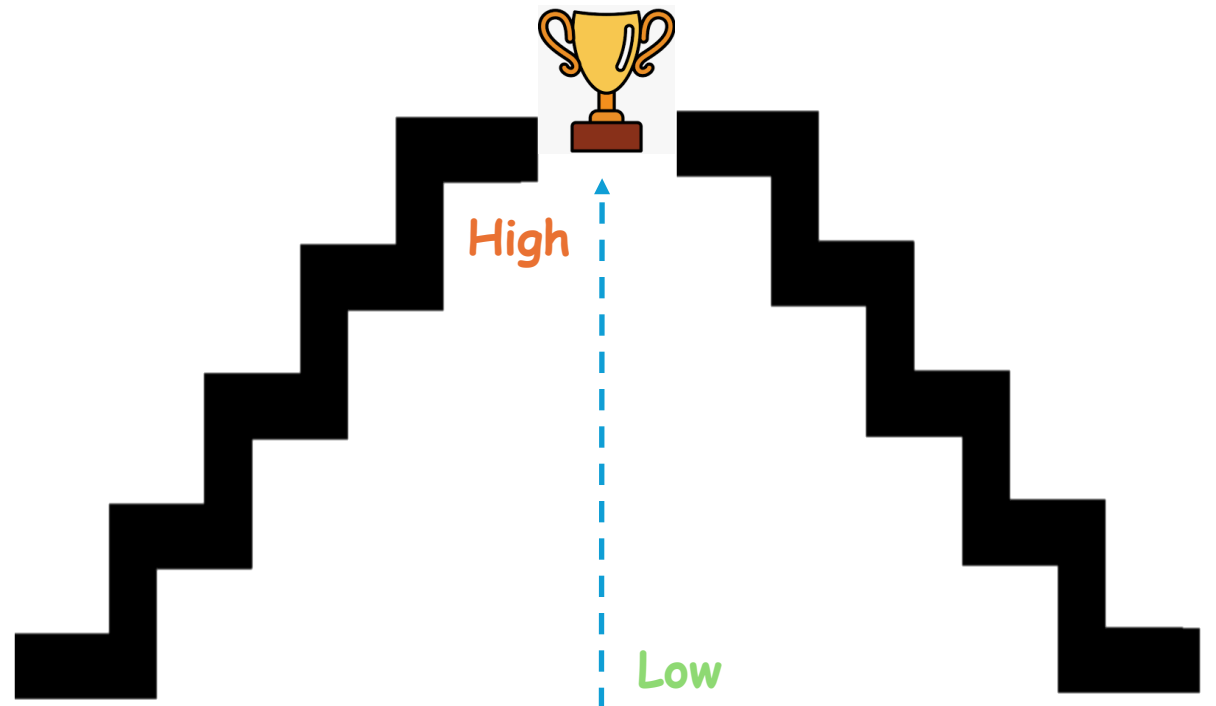
Rights

# Delivering each Life Skill Area

Each area of the Life Skills Curriculum Map includes a set of learning objectives that can be adapted to suit the abilities and individual needs of the students in your class.

This means that over the course of a half-term, the students within class may work across several different objectives within the same area. This ensures that each student engages with content that is personal, relevant, and appropriately challenging.

The visual step sequence illustrates the progression within the life skill, showing how students can move forward at a pace that reflects their own development.



# Communication and Interaction



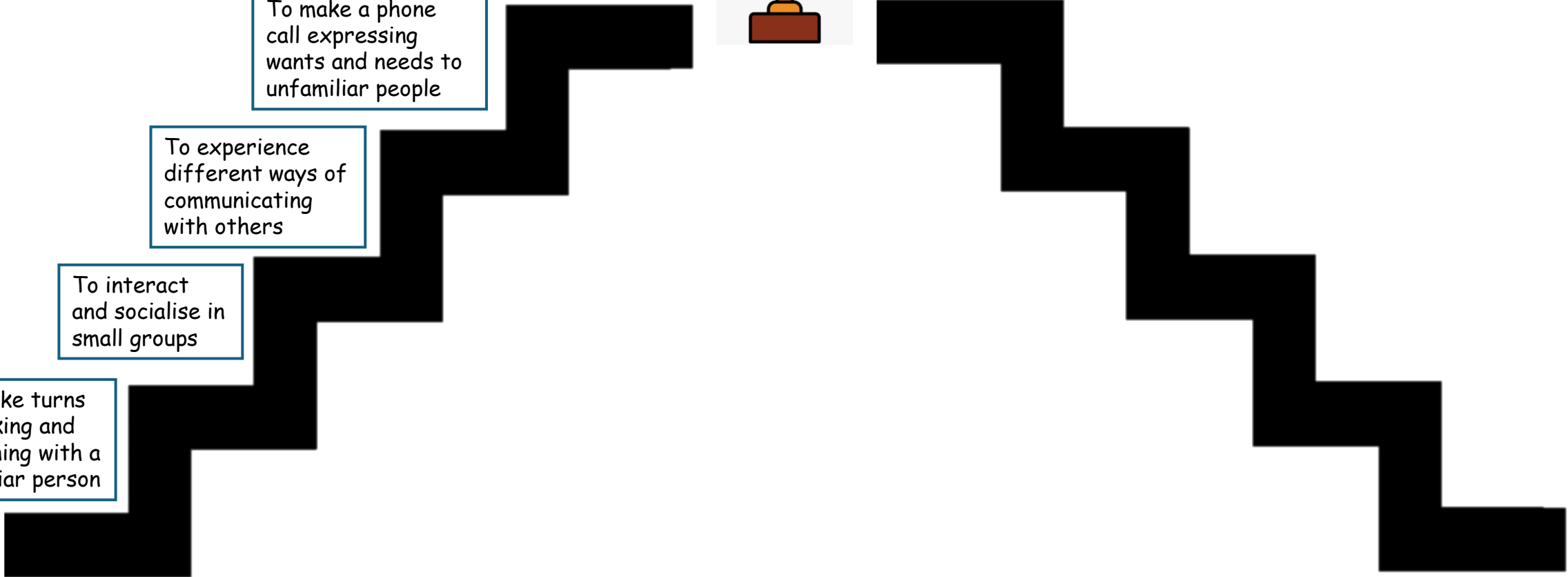
To speak and interact with others at a professional level

To make a phone call expressing wants and needs to unfamiliar people

To experience different ways of communicating with others

To interact and socialise in small groups

To take turns speaking and listening with a familiar person



# Social Understanding and Relationships



To recognise and evaluate positive and negative social situations

To understand appropriate and personal boundaries

To identify and practice respectful behaviours

To identify acceptable and unacceptable behaviours

To recognise private and public behaviours

To compare acceptable behaviours for different settings

To identify and understand rules and expectations

# Sensory, Interests, Routine and Relationships



To create and follow timetables and routines

To identify healthy and unhealthy relationships

To explore our senses

To take turns with a friend

To deal with and manage changes to routines

To understand different types of relationships

To voice own and share others interests

To understand what a friend is

# Emotional Understanding Self-Awareness



To explore mental well-being and what it means

To voice my feelings and needs to others

To recognise different ways of showing feelings

To show and identify my own basic emotions

To identify professionals who can support mental well-being

To practise and explore different strategies to support regulation

To identify triggers and ways of coping

To identify emotions of other people

# Healthy Living



To understand the need and safety around medication/drugs

To explore and understand puberty

To understand personal hygiene

To understand healthy and unhealthy foods

To understand the benefits of a healthy life

To identify people that can help us

To identify healthy and unhealthy changes of your body

To identify healthy and unhealthy lifestyles

# Independence and Community Participation



To take part in volunteering activities linked to the community

To plan, explore and experience ways of travel in the community

To plan and prepare meals

To complete personal care tasks

To research and discover opportunities for the future

To understand the importance of money, saving and budgeting

To complete household chores

To follow instructions