

Functional Skills - Maths

- Play cards, dominoes or bingo
- Bowling - use paper towel rolls for pins and use a ball to knock them down. Don't forget to score
- Help with online shopping
- Set up a shop and practice your money skills
- Count the birds in your garden
- Earn some pocket money
- Plan a journey or visit using timetables and maps

Functional Skills - Communication / ICT

- Read books, magazines and newspapers
- Watch Newsround
- Find recipes to make
- Follow instructions to make a gift
- Chat to family and friends on the telephone, Facetime, Skype etc.
- Text, message or email your family and friends
- Make photo collages, collections of things you like. Find pictures.

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Ideas and Activities to do at home

Independent Living & Life Skills

- Have a family movie day and write a review
- Make dinner together
- Baking
- Household jobs
- Get gardening
- Organise your clothes
- Choose outfits for different occasions
- Try out new hair styles and/or make-up
- Have an indoor picnic
- Find the healthy foods in your kitchen

Enrichment Activities

- Rock painting
- Make a bird feeder
- Make a scrap book
- Make a thankful jar
- Mindfulness colouring
- Board games and puzzles
- Just Dance or exercise videos on YouTube
- Yoga and relaxation videos on YouTube
- Painting and drawing
- Sing along to your favourite songs!