



fostering
therapeutically
SINCE 1987



Life Skills Development

Level 1

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Level 1

Name:



Life skills development is an ongoing journey, with new skills being learned all the time.

This booklet is the start of your child's journey and contains the key skills and knowledge that they need to learn as a child. There is no deadline for completing this booklet – your child will learn at their own pace, with your support.

Encourage them to try new things and record in the booklet what they have achieved and when. Discuss their progress regularly with your Supervising Social Worker and Fostering Advisor,

and share their progress with the child's Social Worker.

You will find information and resources to help your child achieve the skills and knowledge to complete this booklet on our I-SPACE website, www.i-space.org.uk.

When your child has achieved the tasks at level 1, contact your Supervising Social Worker for the next booklet.

Health and Hygiene

	Tick	Date Achieved/Any Examples
Gets themselves dressed and undressed, without assistance (you might have helped them choose appropriate items).		
Brushes their teeth without supervision (prompt or reminder might still be needed).		
Washes their hands after using the toilet (without being reminded).		
Brushes their own hair (might need assistance with styling).		
Eats a healthy diet, including fruit and vegetables (as provided for them).		
Enjoys regular sports and physical activity (in or out of school).		

Social Skills

	Tick	Date Achieved/Any Examples
Listens and can follow simple instructions (at school and at home).		
Takes turns and can share (e.g. when playing).		
Says "please", "thankyou" and "sorry" when needed.		
Says "hello" and "goodbye" appropriately.		
Makes eye contact during conversation (with both friends, and adults).		
Shows respect for other children, and adults.		
Can ask for help when needed (teacher and carer).		
Enjoys activities in the community, e.g. clubs, going to the park, local library (accompanied by an adult).		
Crosses the road safely (with adult alongside them).		
Can communicate their personal details (e.g. name, age/date of birth, address).		
Follows family rules when using the internet and has watched the CEOP Education resources for their age.		

Money and shopping

	Tick	Date Achieved/Any Examples
Knows coin and note values and can count their pocket money.		
Keeps pocket money in a safe place, e.g. money box, purse.		
Can save some of their pocket money for special items (might ask you to look after it for them).		

Decision Making

	Tick	Date Achieved/Any Examples
Has an understanding of consequences, and is beginning to learn from their mistakes.		
Can make choices, if given 2 or 3 options, e.g. <ul style="list-style-type: none">• What to watch on TV• What clothes to wear today• What to eat for dinner		
Helps make important decisions as part of the family, e.g. <ul style="list-style-type: none">• Where to go on holiday• Choosing a name for a new pet		
Knows what to do in an emergency, e.g. <ul style="list-style-type: none">• If lost in a public place• If carer is taken ill at home and there are no other adults around		

Around the House

	Tick	Date Achieved/Any Examples
Puts toys away at the end of each day (might need a prompt).		
Puts dirty clothes in the laundry basket, without prompting.		
Helps tidy up around the house when asked.		
Looks after their personal belongings.		
Helps feed any family pets.		
Wipes up if they spill something (might need some help).		
Puts their rubbish in the bin, without prompting.		
Helps with the family grocery shopping (including finding things in store).		
Helps put groceries away in the appropriate place.		

Around the House (continued)

	Tick	Date Achieved/Any Examples
Helps prepare family meals (e.g. peeling potatoes, stirring the pot).		
Helps lay the table and clear up after meals.		
Has a basic awareness of hazards at home, (e.g. heat sources in the kitchen, electric sockets) and follows safety advice given by carer.		

Time Management

	Tick	Date Achieved/Any Examples
Follows a daily routine, including waking and sleep times.		
Completes tasks within a reasonable time, e.g. <ul style="list-style-type: none">• Getting dressed• Tidying bedroom		
Knows the days of the week and months of the year.		
Can tell the time: Can read a digital clock Has some awareness of duration, e.g. 10 minutes, half an hour.		

For up to date information and resources on everything from life skills to internet safety, visit...

www.i-space.org.uk



i-space is an online resource for all ages and includes everything you need to know about ISP.

It is a great teaching tool for both young people and their carers with all the help, advice, inspiration and ideas you need to create a caring, safe and motivational environment.