



fostering
therapeutically
SINCE 1987

Life Skills Development

Level 2



Life Skills Development

Level 2

Name: _____



Life skills development is an ongoing journey, with new skills being learned all the time. This booklet is the second part of your child's journey and contains key skills and knowledge that they need to learn as a child.

You might be starting at Level 2 because of your child's current age/stage of development. 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 2, contact your Supervising Social Worker for the next booklet.

Health and Hygiene

	Tick	Date Achieved/Any Examples
Has an awareness of puberty and the need for good personal hygiene.		
Bathes and brushes their teeth regularly (might need a prompt).		
Uses toiletries to be clean and well-presented (shampoo, deodorant, soap/shower gel).		
Can trim their own nails.		
Washes their hair regularly, without assistance.		
Chooses to wear clean clothing that is appropriate for the weather and situation.		
Chooses healthy snacks and understands the components of a balanced meal.		
Can tend to their own minor injuries (e.g. apply plaster)		

Social Skills

	Tick	Date Achieved/Any Examples
Offers to help others.		
Can make and receive phone calls.		
Can have a conversation with an adult and speak clearly.		
Polite and respectful towards other people.		
Behaves appropriately in different situations.		
Makes friends in social situations and joins in activities with other young people.		
Spends short periods of time socialising with friends in the community, without adult supervision.		
Can resist peer pressure.		
Has some awareness of online safety, and has watched (and discussed) the CEOP Education resources for their age.		
Walks/cycles to school, following personal safety rules.		
Can catch public transport to school, with friends.		
Can control feelings of anger and not hurt others/damage property when angry.		
Has some awareness of the law and consequence of unlawful behaviour in the community		

Time Management

	Tick	Date Achieved/Any Examples
Gets up and ready for school on time in the mornings (you might still wake them up).		
Can tell the time, with both digital and analogue clocks.		
Gets to school/lessons on time.		
Shows concern for being punctual.		
Completes homework tasks on time, with minimal support.		

Money & Shopping

	Tick	Date Achieved/Any Examples
Can go to local shops on their own, or with a friend.		
Can check their change when shopping.		
Regularly saves towards special purchases/gifts.		
Can compare prices in shops and look for best value for money.		
Earns extra pocket money by carrying out additional tasks at home.		

Around the House

	Tick	Date Achieved/Any Examples
Packs their own school bag with minimal assistance.		
Keeps their bedroom reasonably clean and tidy, with minimal assistance		
Helps with tasks such as washing the car/weeding the garden.		
Able to inflate tyres (if they cycle).		
Can change a lightbulb in a lamp.		
Conserves energy at home, e.g. by switching lights off when not in use		
Takes out the rubbish and recycling.		
Can sort laundry and help load washing machine.		
Can hang washing out to dry.		
Can hang clothes in the wardrobe/fold and put away in drawers to keep them in good condition.		
Can change their bed sheets.		
Can use cooking utensils and appliances, e.g. kettle and toaster.		

Around the House (continued)

	Tick	Date Achieved/Any Examples
Can make their own breakfast, e.g. cereal, toast.		
Can make a simple snack, e.g. sandwich.		
Helps prepare family meals, e.g. peeling and chopping vegetables, mashing potatoes, serving up.		
Knows some basic food hygiene facts.		
Can recognise spoilage in food and know when to dispose of food items.		
Can wash, dry and put away dishes.		

Decision Making

	Tick	Date Achieved/Any Examples
Can stop and think before taking action.		
Can learn from their mistakes.		
Can identify several different options and make a choice/give an opinion.		
Understands that people don't always agree on a decision, and respects other peoples' opinions.		
Could call the police/ambulance/ fire service in response to an emergency situation (both at home and when out with friends).		

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.