

# Social Modelling & Life Skills Lessons



Our life skills lessons focus on fostering independence, safety and practical capability in students through a curriculum covering cooking, financial literacy, hygiene, emotional regulation and communication. Whilst our social modelling lessons teach behavioural expectations, social-emotional skills and routines.

We run these lessons alongside our PSHE curriculum as many of our young people need practical guidance and often struggle when out and about in the community.

In school lessons often include making a healthy meal using a range of different kitchen appliances, washing up and using the washing machine for laundry.

Out of school lessons often include visits to local cafes to allow students to have the opportunity to independently look at menus, to speak to staff to order food, ensuring they have enough money to pay and to check their change.

We also look at public transport timetables and plan journeys, which includes purchasing their own tickets and being at the bus stop or train station in good time.

These might seem like ordinary everyday tasks for some, but for our students the whole process of doing anything like this would be overwhelming.

We have thoroughly enjoyed watching the confidence and self-esteem of our students grow over the academic year.

We will be teaching further skills such as finance, interview techniques and filling out forms, as well as personal hygiene during a themed day in school.

These are all important life skills to enable our students to become confident, capable and independent citizens in society.

