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| Learn how to load and unload the washing machine | Make your own bed | learn to wrap a gift | Cook a new meal using ingredients that you already have at home | Make your own breakfast – offer to make someone else’s too |
| Learn your name in sign language | Learn how to stitch on a button or sew up a small hole | Tell the time to the nearest minute in both analogue and digital  | Set a dinner table for your family | Sort the recycling bins |
| Make a sandwich using spread and some fillings that you have had to chop (cucumber, cheese) | Do the washing up/load and unload the dishwasher | Clean your bedroom, unprompted | Know your full name, date of birth, telephone and full postal address | Use the vacuum cleaner |
| Plant a herb or vegetable scraps and take care of it whilst it grows | Hang the clothes out to dry | Learn how to fold clothes  | Peel and chop vegetables safely | Change the bedding on your bed |
| Whilst under supervision, iron a shirt | Bake a cake from scratch  | Plan a holiday – where, when who, cost? | Go bird watching from a window identify the birds that you see. | Change a battery or a lightbulb in your home |

![C:\Users\Caleigh\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\GZGGWFGF\Chef-Hat--Arvin61r58[1].png]()

**Life Experiences Menu**