

Queensbridge ARP Life skills curriculum 2025 - 2026

Term	Topic	Green group	Embedding in timetable
Autumn	Autumn 1: Hygiene	Toileting - Using the toilet - Toilet routine visual	Toileting times instated Use of visuals
		Washing hands - When to wash hands - How to wash hands (visual supports)	Washing hands on timetable Visuals used daily Hand washing video after every session
		Cleaning and tidying	Tidy up times Morning meeting includes reminders
		Wiping face/nose/brushing hair	Children directed to mirror during the day
		Embed - Community visits – Road safety	Evergreen/Albion square visits
	Autumn 2: Keeping safe	Cold weather	Getting ready for playtime
		Being hurt	Visuals near calm down area
		Kind hands	Morning meeting includes reminders
		Exercising	Sensory circuit each day
		Embed - Community visits – Road safety	Extend outings - Bus to Haggerston park
Spring	Spring 1: Preparing food	Pouring cereal, using cutlery	Snack times, morning breakfast
		Cutting skills	Cutting embedded in literacy and numeracy lessons
		Making a cake	Done during half termly during golden time
		Making a sandwich	Practiced in afternoon snack
		Embed - Community visits – Going on the bus	Extend outings - Dalston library,
	Spring 2: Taking care and responsibility	Growing cress	Watering each day
		Growing plants	Watering each day, planting, observing growth in sensory garden

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		Taking care of tadpoles/butterflies	Observing each day
		Looking after books	Visit to Dalston library
		Embed - Community visits – Road safety	The garden classroom
Summer	Summer 1: Misc	Warm weather -Suncream -Hats -Drinking water	
		Healthy eating	Reiterating at lunch times
		Brushing teeth	Brushing teeth training for adults Brush teeth after lunch each day
		Embed - Community visits – Road safety	Extend outings
	Summer 2: Consolidation	Hygiene and preparing food	Picnic for families with food prepared by children
		Keeping safe	
		Taking care and responsibility	Growing sunflowers to take home
		Embed - Community visits – Road safety	Extend outings