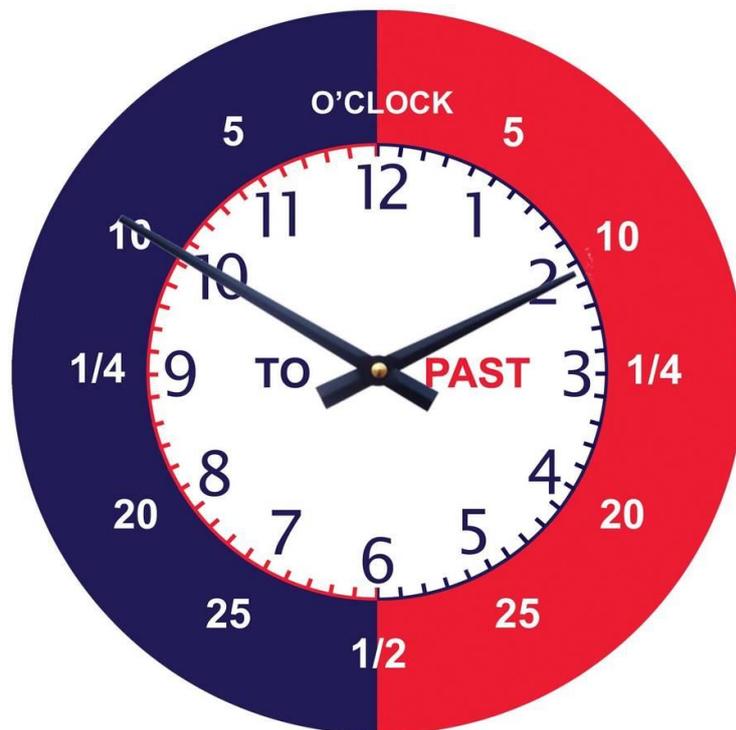


Life skills - this term we are focusing on two important aspects:

LO: To tell the time using an analogue clock

LO: To recognise the importance of personal hygiene as part of a healthy life style



Use this interactive clock to practise telling the time to o'clock and half past. If you are feeling confident try quarter to and quarter past. Use the interactive buttons to see how the hands of the clock move and check the digital 12 hour and 24 hour clock to understand the time on all three clocks.

[Teaching Clock \(topmarks.co.uk\)](https://www.topmarks.co.uk/Teaching-Clock)

Watch this instructional video



[How to use a washing machine? | by Beko - YouTube](#)

Now answer these questions. Or even better help your family by offering to help to sort, load, unload, hang up or tumble dry some laundry this week at home!

How do you do the laundry?

Put this sequence in order

- Put it in the dryer
- Hang it on the line or clothes airier
- Take the wet laundry out of the machine
- Sort into colours, dark and light clothes
- Select the correct setting
- Turn on the machine
- Put the wet washing in a basket
- Add the laundry liquid, powder or tablets

How often should you wash your clothes?

How often should you change your sheets and towels?

Do you wash your own clothes?

How long do the different wash cycles take? You can find out by looking at your machine at home.



[Washing Machine Cycles Explained - YouTube](#)

Other life skills that you can practise - tying your shoe laces, laying the table and helping with the cooking. Let me know how helpful you have been at home, you can email Mrs Hargood via [office@ifield.kent.sch.uk](mailto:office@ifield.kent.sch.uk)

I would love to hear how you are getting on, what learning you are enjoying or finding a challenge. I will email back if you have any questions or want to share any news.