

## Lemington Essentials - How far can you climb?

Climb a tree.
Know your full name.
Plant a seed.
Wash your hands.
Put on your own jacket, mittens and hat.
Put on your shoes.
Count 5 steps
Ladder 1

Write your name.
Put on your school uniform or outfit.
Brush your teeth.
Count 10 steps.
Help to look after a pet.
Tidy your room.
Use a butter knife to spread butter.
Ladder 2

Know your address.
Log onto a computer.
Save your pocket money.
Tidy your room before the timer ends.
Know your birthday.
Cut your own food using a knife and fork.
Decide what is for tea.
Ladder 3

Organise their bag for school.
Know how to make an emergency call.
Ride a bike.
Work out which is cheapest at the shop.
Order your food at a restaurant.
Type your name.
Choose your own outfit to wear.
Ladder 4

Bathe unsupervised.
Help put the groceries away.
Make a basic meal, like a sandwich.
Mix, stir and cut with a dull knife.
Feed a pet.
Brush your teeth, comb your hair and wash your face.
Help put clothes to dry.
Ladder 5

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Read a recipe.
Use a sweeping brush and dustpan properly.
Fold your clothes.
Clear the table after meals.
Perform simple cleaning chores like dusting in easy-to-reach places.
Make your bed without assistance.
Wash the dishes.
Ladder 6

Use good manners.
Fasten own shoes laces.
Count and make change when shopping.
Help to write a shopping list. .
Wrap a present.
To read a map of Lemington.
Write a letter to a friend or family relative.
Ladder 7

Learn to swim confidently.
Save up to £20.
Name the countries that make up the United Kingdom and their capital cities.
Tell the time.
Read a bus time table and plan a route.
Put a plaster on when they fall over with supervision
Buy a bus ticket.
Ladder 8

Use a map to plan a route.
Learn basic First Aid.
Manage a budget at the shops.
Type an email to a family member or friend.
Use a hammer and a nail with supervision.
Use a compass to find which way is North, East, South and West.
Plan an activity like visiting the cinema - knowing the start and end times.
Ladder 9

Name 10 countries and their capital cities.
Read a calendar and add events.
Sort your own washing.
Make a simple meal with adult supervision.
Use an alarm clock to wake up on time
Learn to shake hands properly.
Look at a bill to explain how you pay for things.
Ladder 10