

## Life skills and Wellbeing overview

### Life skills and wellbeing

#### Independent Living skills:

Practical stand alone sessions to support learners to develop skills in:

- Food preparation
- Food hygiene
- Money skills and budgeting
- Supermarket shopping

Comprehensive, full scheme of work and resources, differentiated for all ages.

Topics include:

- Health and wellbeing
- Relationships
- Living in the wider world

#### Life skill of the week:

Short starter activities teaching learners a valuable skill for life each week, suitable for all learners

Personal Wellbeing qualification Level 1 and Level 2

Portfolio based accreditation

Units include:

- Valuing Equality and Diversity
  - Developing Confidence and Self-Esteem
  - Healthy Lifestyles
  - Individual Rights and Responsibilities in Society
  - Interpersonal Communication
  - Making Decisions
  - Recognising and Dealing with Bullying
  - Sex and Relationships
  - Understanding Feelings and Emotions
  - Understanding Relationships
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