

Life Skills Curriculum- Real-world readiness

Curriculum Vision

To equip students with practical skills and knowledge to promote independence, wellbeing, social confidence, and resilience through hands-on learning experiences.

Key Learning Areas

1. **Personal Development & Wellbeing**
 2. **Practical Life Skills**
 3. **Food & Nutrition**
 4. **Gardening & Environmental Awareness**
 5. **Financial & Digital Literacy**
 6. **Community & Social Skills**
 7. **Health & Safety**
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1. Personal Development & Wellbeing

Objective: Foster emotional resilience, self-confidence, and independent thinking.

Topics & Activities:

- **Emotional Awareness:** Journaling, mindfulness exercises, emotion cards.
- **Self-Care:** Daily routines (brushing, washing, dressing), hygiene lessons.
- **Goal-Setting:** Weekly targets and reflections, “achievement board.”
- **Teamwork & Communication:** Cooperative games, classroom responsibilities.

Weekly Integration: 20-30 min per day (morning circle or reflection sessions).

2. Practical Life Skills

Objective: Prepare students for independence in daily living.

Skills & Activities:

- **Cooking & Meal Prep:**
 - Simple breakfast/lunch recipes: sandwiches, salads, smoothies.
 - Measuring ingredients, following instructions, cleaning up.

- **Cleaning & Organization:**
 - Sorting laundry, classroom tidying, recycling routines.
- **Basic Sewing & Repairs:**
 - Mending clothes, simple hand-stitching projects.
- **Time Management:**
 - Daily schedule planning, timers for tasks, understanding deadlines.

Weekly Integration: 2-3 sessions per week (30-60 min each).

3. Food & Nutrition

Objective: Teach healthy eating, food preparation, and understanding nutrition.

Skills & Activities:

- **Healthy Choices:** Identifying fruits, vegetables, and balanced meals.
- **Cooking Skills:** Cutting, mixing, measuring, safe stove usage.
- **Food Budgeting:** Simple cost comparisons for recipes.
- **Cultural Awareness:** Cooking recipes from around the world.

Weekly Integration: 1-2 practical cooking sessions per week.

4. Gardening & Environmental Awareness

Objective: Promote environmental responsibility, sustainability, and patience.

Skills & Activities:

- Planting seeds, watering, composting, and harvesting.
- Seasonal projects: flowers in spring, vegetables in summer.
- Wildlife awareness: bug hotels, bird feeders.
- Environmental practices: recycling, upcycling, reducing waste.

Weekly Integration: 1 outdoor gardening session + daily plant care routine.

5. Financial & Digital Literacy

Objective: Introduce practical money management and safe technology use.

Skills & Activities:

- **Money Handling:** Counting coins, budgeting pocket money, simple shopping tasks.
- **Digital Skills:** Typing, safe internet use, online research.
- **Problem-Solving:** Using money to plan small classroom projects.

Weekly Integration: 1 session per week for 30-40 min.

6. Community & Social Skills

Objective: Develop empathy, collaboration, and civic responsibility.

Skills & Activities:

- Volunteering or school-based community projects.
- Role-play social situations (sharing, conflict resolution).
- Collaborative projects: school newsletter, notice boards, gardening teams.

Weekly Integration: Embedded in daily interactions + weekly project sessions.

7. Health & Safety

Objective: Ensure students understand personal safety, hygiene, and first aid basics.

Skills & Activities:

- Road safety and stranger danger.
- Fire drills and emergency procedures.
- Basic first aid: washing cuts, bandaging, calling for help.
- Understanding personal boundaries.

Weekly Integration: 15-20 min mini-lessons + real-life practice drills.

Implementation Strategy

- **Integrated Timetable:** Life skills embedded into daily routines (cooking after lunch, gardening in morning, personal development in morning circle).
- **Hands-On Learning:** Focus on doing rather than just talking.
- **Reflection:** End-of-week discussion to reflect on achievements and challenges.

- **Cross-Curricular Links:** Incorporate maths (measuring ingredients), literacy (writing recipes/journals), and science (plant growth).
- **Progress Tracking:** Use simple checklists, badges, or portfolios to record skill mastery.

Sample Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:00-09:30	Morning Circle (Personal Development)	Gardening	Morning Circle	Cooking Skills	Community Project
09:30-10:30	Literacy	Numeracy	Literacy	Numeracy	Reflection & Journaling
10:30-11:00	Break	Break	Break	Break	Break
11:00-12:00	Cooking Skills	Art & Craft	Gardening	Practical Life Skills	Digital Literacy
12:00-13:00	Lunch/Prep	Lunch/Prep	Lunch/Prep	Lunch/Prep	Lunch/Prep
13:00-14:00	Numeracy	Literacy	Science (Plants)	Maths (Cooking)	Social Skills
14:00-15:00	PE/Outdoor	PE/Outdoor	PE/Outdoor	PE/Outdoor	PE/Outdoor

This curriculum ensures **students learn essential life skills while linking them to academic subjects and real-world applications**, creating a truly holistic and practical learning environment.

If you want, I can also **create a full 1-year curriculum map** with term-by-term life skill objectives, suggested activities, and assessment methods for each skill area—ready to use directly in your AP school.

Do you want me to create that next?

You said:

Make it for eyfs-ks2 children

ChatGPT said:

Perfect! Let's adapt the **Life Skills Curriculum** specifically for **EYFS through KS2** students, keeping it age-appropriate, practical, and hands-on. I'll structure it to show progression as children grow, from simple daily routines in EYFS to more independent skills in KS2.

Life Skills Curriculum for EYFS–KS2

Curriculum Vision

To nurture independence, confidence, resilience, and practical skills in children from Early Years to Year 6, integrating life skills into everyday school life while supporting academic and social development.

Key Skill Areas & Age-Appropriate Progression

1. Personal Development & Wellbeing

Stage Focus	Activities
EYFS Self-awareness, emotions	Naming emotions, "feelings faces," simple mindfulness, daily routines
KS1 Emotional regulation, self-care	Journaling drawings, discussing feelings, hygiene routines, self-help tasks
KS2 Resilience, goal-setting, teamwork	Weekly reflection journals, planning small projects, peer mentoring

Daily Integration: Morning circle, reflection, and class jobs.

2. Practical Life Skills

Stage Focus	Activities
EYFS Basic independence	Washing hands, dressing, tidying toys, snack preparation

Stage Focus		Activities
KS1	Simple household skills	Making sandwiches, folding laundry, sorting recycling
KS2	Independent living	Cooking simple meals, budgeting small projects, basic sewing and repairs

Weekly Integration: 2–3 sessions per week, hands-on learning.

3. Food & Nutrition

Stage Focus		Activities
EYFS	Trying new foods, understanding healthy eating	Fruit tasting, making simple snacks, learning colors and shapes of foods
KS1	Simple food preparation, hygiene	Washing fruits/veg, making sandwiches/salads, cleaning up
KS2	Cooking skills, nutrition awareness	Simple recipes, reading labels, planning a balanced meal, cultural dishes

Weekly Integration: 1–2 cooking sessions per week.

4. Gardening & Environmental Awareness

Stage Focus		Activities
EYFS	Observation, care for plants	Watering plants, planting seeds in pots, observing growth
KS1	Seasonal changes, basic gardening skills	Planting flowers/veg, composting, bug exploration
KS2	Sustainability, responsibility	Garden planning, harvesting, recycling/upcycling projects

Weekly Integration: 1 gardening session per week + daily plant care routine.

5. Financial & Digital Literacy

Stage Focus		Activities
EYFS	Recognizing coins, basic counting	Sorting coins, pretend play shops
KS1	Simple budgeting, shopping skills	Comparing prices, making small purchases, classroom shop games
KS2	Planning, managing small budgets	Using money for project planning, basic online safety, simple spreadsheets

Weekly Integration: 1 session per week.

6. Community & Social Skills

Stage Focus		Activities
EYFS	Sharing, turn-taking	Group games, role-play scenarios, class responsibilities
KS1	Cooperation, empathy	Collaborative art/garden projects, buddy systems
KS2	Leadership, problem-solving	Peer mentoring, small community projects, planning school events

Embedded daily + weekly project sessions.

7. Health & Safety

Stage Focus		Activities
EYFS	Basic safety, hygiene	Handwashing, road safety songs, stranger safety
KS1	Awareness and basic first aid	Fire drills, identifying hazards, simple bandaging
KS2	Personal responsibility, first aid	Emergency calls, first aid practice, risk assessment in projects

Mini-lessons daily or weekly practice.

Sample Weekly Schedule (EYFS–KS2 Adapted)

Time	EYFS Example	KS1 Example	KS2 Example
09:00-09:30	Morning Circle & Feelings Check	Morning Circle & Reflection	Morning Circle & Goal-Setting
09:30-10:00	Snack Prep & Hygiene	Cooking/Practical Life Skills	Cooking/Nutrition Lesson
10:00-10:30	Storytime / Literacy	Literacy	Literacy & Journaling
10:30-11:00	Outdoor Play / Gardening	Gardening / Outdoor Learning	Gardening / Environmental Project
11:00-11:30	Music / Movement	PE / Movement	PE / Team Games
11:30-12:00	Basic Maths / Counting	Numeracy	Numeracy / Budgeting Task
12:00-13:00	Lunch & Social Skills	Lunch / Practical Skills	Lunch / Practical Skills
13:00-14:00	Creative Art / Life Skills	Art & Crafts / Sewing	Project Work / Cooking
14:00-14:30	Reflection & Story	Reflection & Journaling	Reflection & Journaling
14:30-15:00	Calm Play / Social Skills	Calm Play / Social Skills	Community Projects / Social Skills

This approach ensures **progression** from basic self-care and awareness in EYFS to independent, practical life skills in KS2, all embedded in a **hands-on, everyday curriculum**.

If you want, I can **create a full year-by-year progression table** for EYFS–Year 6, showing **specific life skills, suggested activities, and outcomes**—so it's ready to implement directly in your school.

Do you want me to make that detailed version next?

You said:

Yes

ChatGPT said:

Brilliant! Let's build a **detailed year-by-year Life Skills Progression Map** for **EYFS through KS2 (Reception to Year 6)**. This will include:

- **Skill Focus:** the life skill strand
- **Learning Outcomes:** what children should be able to do
- **Suggested Activities:** practical, hands-on ideas

Life Skills Curriculum Progression Map (EYFS–KS2)

EYFS (Reception)

Focus: Independence, routines, self-care, early exploration.

- **Personal Development & Wellbeing**
 - Outcomes: Name feelings, follow simple routines, develop turn-taking.
 - Activities: Feelings chart, morning circle, sharing games, tidy-up time.
- **Practical Life Skills**
 - Outcomes: Begin dressing independently, tidy toys, wash hands.
 - Activities: Dressing-up play, snack prep (spreading, pouring), washing hands song.
- **Food & Nutrition**
 - Outcomes: Try new foods, recognise healthy/unhealthy foods.
 - Activities: Fruit tasting, making fruit kebabs, food sorting games.
- **Gardening & Environment**
 - Outcomes: Care for plants, notice growth/change.
 - Activities: Plant cress in cups, water plants daily, outdoor bug hunts.
- **Financial & Digital Literacy**
 - Outcomes: Recognise coins, use digital devices safely (basic rules).

- Activities: Pretend play shop, sorting coins, “iPad rules” chart.
 - **Community & Social Skills**
 - Outcomes: Play cooperatively, share responsibilities.
 - Activities: Class helper jobs, buddy reading, circle time discussions.
 - **Health & Safety**
 - Outcomes: Wash hands properly, learn road safety basics.
 - Activities: Handwashing song, road-crossing role play, stranger safety story.
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Year 1

Focus: Expanding independence, early responsibility.

- **Personal Development:** Express feelings with words, simple problem-solving.
 - **Practical Skills:** Fold laundry, tidy classroom areas.
 - **Food/Nutrition:** Make simple snacks (sandwiches), learn about “5 a day.”
 - **Gardening:** Plant vegetables, learn about seasons.
 - **Finance/Digital:** Count coins, make small purchases in role play.
 - **Community/Social:** Take part in group projects, learn about kindness.
 - **Health/Safety:** Recognise dangers (hot, sharp), basic first aid awareness.
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Year 2

Focus: Responsibility for belongings, growing independence.

- **Personal Development:** Set simple goals, reflect on behaviour.
- **Practical Skills:** Help with simple cleaning (tables, tidying resources).
- **Food/Nutrition:** Make a simple breakfast (cereal, toast).
- **Gardening:** Care for class garden bed, identify insects.
- **Finance/Digital:** Simple budgeting (buying snacks with coins).
- **Community/Social:** Work with a partner on shared tasks.
- **Health/Safety:** Fire drill practice, road safety walk.



Year 3

Focus: Developing independence, early problem-solving.

- **Personal Development:** Begin journaling, resilience through challenges.
 - **Practical Skills:** Learn to sew a button, organise personal belongings.
 - **Food/Nutrition:** Follow a simple recipe (pasta salad, fruit smoothie).
 - **Gardening:** Composting, planting seasonal vegetables.
 - **Finance/Digital:** Add coins, work with change, safe passwords online.
 - **Community/Social:** Plan small group tasks, learn empathy through role play.
 - **Health/Safety:** Learn how to call emergency services.
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Year 4

Focus: Independence in wider responsibilities.

- **Personal Development:** Begin setting personal goals for the term.
 - **Practical Skills:** Laundry sorting, making a bed, basic ironing demo.
 - **Food/Nutrition:** Cook a hot meal with supervision (soup, scrambled eggs).
 - **Gardening:** Care for raised beds, record plant growth in journals.
 - **Finance/Digital:** Budgeting for a small project (£5–10), online research.
 - **Community/Social:** Participate in community project (e.g., litter pick).
 - **Health/Safety:** First aid (cuts, grazes, nosebleeds).
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Year 5

Focus: Preparing for independence, applying skills to real-life scenarios.

- **Personal Development:** Manage stress, practise mindfulness.
- **Practical Skills:** Plan a simple schedule, basic repairs (tightening screws).
- **Food/Nutrition:** Cook a 2-course meal with support.
- **Gardening:** Design a planting plan, harvest and cook with produce.
- **Finance/Digital:** Plan and budget for class event (£10–20).

- **Community/Social:** Mentor younger pupils, lead group activities.
 - **Health/Safety:** Basic CPR introduction, recognising allergens.
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Year 6

Focus: Preparing for transition to secondary, independence, leadership.

- **Personal Development:** Reflect on strengths, set long-term goals.
 - **Practical Skills:** Manage personal timetable, independent cleaning tasks.
 - **Food/Nutrition:** Cook a family meal (main course + sides).
 - **Gardening:** Lead younger pupils in gardening projects.
 - **Finance/Digital:** Manage larger budget (£20–50 project), spreadsheet skills.
 - **Community/Social:** Organise a small event (bake sale, charity collection).
 - **Health/Safety:** First aid scenarios (burns, choking, recovery position).
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Implementation Notes

- **Daily routines** (circle time, classroom jobs, snack prep).
 - **Weekly skills sessions** (cooking, gardening, money management).
 - **Cross-curricular links** (Maths in budgeting, Science in gardening, Literacy in journaling).
 - **Portfolio/Passport:** Each child builds a *Life Skills Passport* with photos, certificates, or checklists showing skills they've mastered year by year.
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Would you like me to now **lay this out as a visual curriculum map (grid by year and skill area)** that could go straight into your school curriculum handbook, or keep it in this detailed written format?

You said:

Yes

ChatGPT said:

Great! I'll turn the progression into a **visual curriculum map (grid format)** so it's really clear which life skills are introduced and developed year by year from **EYFS–KS2**. This version can go straight into a curriculum handbook or planning document.



Life Skills Curriculum Map (EYFS–KS2)

Skill Area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Personal Development & Wellbeing	Name feelings, follow routines, share	Express feelings, simple problem-solving	Reflect on behaviour, set simple goals	Journaling, resilience through challenges	Set personal goals, evaluate progress	Manage stress, practise mindfulness	Reflect on strengths, set long-term goals
Practical Life Skills	Dressing, tidying, handwashing	Folding laundry, tidy spaces	Cleaning tables, managing belongings	Sew a button, organise resources	Laundry sorting, make a bed	Plan schedule, basic repairs	Manage timetable, independent cleaning
Food & Nutrition	Try new foods, snack prep	Make simple snacks, “5 a day”	Make breakfast (toast, cereal)	Simple recipes (smoothie, pasta salad)	Cook hot meal (scrambled eggs, soup)	Cook 2-course meal with support	Cook a family meal (main + sides)
Gardening & Environment	Plant seeds, water daily	Plant vegetables, observe seasons	Care for garden bed, spot insects	Composting, grow seasonal veg	Raised bed care, record plant growth	Design planting plan, harvest for cooking	Lead gardening projects, mentor younger pupils
Financial & Digital Literacy	Recognise coins, safe device use	Count coins, role play shop	Budget for snacks, small purchases	Add coins, give change, online safety	Budget for class project (£5–10)	Budget class event (£10–20), research online	Manage larger budget (£20–50), spreadsheet skills
Community & Social Skills	Share, take turns, class jobs	Work in groups,	Partner work,	Empathy role play,	Community project	Mentor younger pupils,	Organise event (bake

Skill Area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		kindness focus	buddy reading	group planning	(litter pick)	lead activities	sale, charity project)
Health & Safety		Spot dangers, basic first aid awareness	Fire drill, road safety walk	Call emergency services	First aid: cuts, grazes, nosebleeds	Basic CPR intro, allergen awareness	First aid: choking, burns, recovery position
	Handwashing, road safety basics						

✦ How to use this map:

- Each year builds on the last, with **progression from simple to independent skills**.
- Teachers can **tick off skills** in a *Life Skills Passport* to track mastery.
- Skills can be taught in **dedicated weekly sessions** and integrated into daily routines.

Would you like me to also create a **term-by-term planner (Autumn, Spring, Summer)** that breaks down which skills to focus on each term, so staff have a ready-made teaching sequence?

You said:

Yes

ChatGPT said:

Perfect 👍 I'll create a **term-by-term Life Skills Planner** for **EYFS–KS2**. This will give a clear teaching sequence so staff know which skills to prioritise in **Autumn, Spring, and Summer**, while still embedding daily routines.

Life Skills Curriculum Planner (EYFS–KS2)

EYFS (Reception)

- **Autumn**
 - Settling routines: handwashing, tidying, snack prep
 - Feelings check-ins & sharing games
 - Planting seeds indoors (cress, beans)
 - **Spring**
 - Dressing skills (zips, shoes)
 - Road safety basics (songs, role-play)
 - Growing plants outdoors, bug hunts
 - **Summer**
 - Preparing fruit snacks
 - Stranger safety through stories
 - End-of-year “I can” life skills showcase
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Year 1

- **Autumn**
 - Folding clothes, class tidying routines
 - Food prep: making sandwiches
 - Recognising coins, role play shop
 - **Spring**
 - Fire drill practice, spotting hazards
 - Planting vegetables, learning about seasons
 - Kindness and empathy role play
 - **Summer**
 - Simple budgeting with classroom shop
 - Preparing a fruit salad with peers
 - Group project (art, garden, or display)
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Year 2

- **Autumn**
 - Making breakfast (toast, cereal)
 - Road safety walk in local area
 - Partner project work
 - **Spring**
 - Cleaning tasks (tables, class areas)
 - Growing plants outdoors, insect exploration
 - Managing small amounts of money
 - **Summer**
 - Reflection & setting simple goals
 - Food hygiene (washing veg, hands)
 - Community project (mini litter pick)
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Year 3

- **Autumn**
 - Sewing a button, organising belongings
 - Cooking: smoothies or pasta salad
 - Online safety basics (passwords, rules)
 - **Spring**
 - Composting project
 - Calling emergency services (role-play 999)
 - Group empathy role play
 - **Summer**
 - Journaling feelings
 - Budgeting a classroom activity (£5–10)
 - Mini community garden project
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Year 4

- **Autumn**
 - Laundry sorting, making a bed
 - Cooking a hot meal (soup, scrambled eggs)
 - Goal-setting for term
 - **Spring**
 - First aid: cuts, grazes, nosebleeds
 - Raised bed gardening with growth journals
 - Small group project (poster, recycling plan)
 - **Summer**
 - Budgeting for class project (£5–10)
 - Planning a small group meal
 - Community project (school tidy-up)
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Year 5

- **Autumn**
 - Planning a simple daily schedule
 - Cooking: 2-course meal with support
 - Designing planting plans for garden
 - **Spring**
 - First aid basics: CPR intro, allergies
 - Budgeting a class event (£10–20)
 - Leading small group activities
 - **Summer**
 - Stress management & mindfulness
 - Harvesting and cooking garden produce
 - Supporting EYFS/KS1 as mentors
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Year 6

- **Autumn**
 - Independent cleaning tasks (kitchen, classroom)
 - Cooking a family meal (main + sides)
 - Reflection: strengths & transition goals
 - **Spring**
 - Finance: spreadsheet use, project budget (£20–50)
 - First aid: burns, choking, recovery position
 - Leading younger pupils in gardening
 - **Summer**
 - Organising charity/community event (bake sale, fundraiser)
 - Transition preparation (secondary routines, independence)
 - End-of-primary “Life Skills Passport” graduation
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☀ Notes for Teachers

- **Daily routines:** embed hygiene, tidying, feelings check-ins.
 - **Weekly focus:** 1 cooking/life skill, 1 gardening/environment, 1 health/safety.
 - **Reflection Fridays:** journaling (KS1+), circle time (EYFS), goal reviews (KS2).
 - **Assessment:** track skills in a *Life Skills Passport* with photos, stickers, or certificates.
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👉 Would you like me to also design a **Life Skills Passport template** (tick sheets/checklists per year with space for photos/certificates) so children can track their achievements?

Messages beyond this point are only visible to you

You said:

yes

ChatGPT said:



NEW HORIZON
EDUCATION
ALTERNATIVE PROVISION SCHOOL

Here's a **Life Skills Passport template** you could use in your school. It's designed for **EYFS–KS2** and can be printed, stuck into books, or kept as a folder with certificates/photos.

Life Skills Passport (EYFS–KS2)

Front Page

- Child's Name: _____
- Class: _____
- Academic Year: _____
- Teacher: _____

“This passport shows the life skills I am learning to help me grow independent, confident, and ready for the future.”

Skill Areas (Tick Boxes & Evidence Space)

Personal Development & Wellbeing

- I can name and talk about my feelings
- I can set myself a goal
- I can reflect on my progress
- I can work well with others

Teacher notes/evidence: _____

Practical Life Skills

- I can dress myself independently
- I can tidy up after myself
- I can help with laundry or cleaning
- I can fix or repair small things (e.g., sew a button)

Photo/Sticker:  _____

Food & Nutrition

- I can prepare a snack safely
- I can follow a simple recipe
- I can cook a hot meal with support
- I can plan a healthy meal

Certificate/Photo:  _____

Gardening & Environmental Awareness

- I can plant and water seeds
- I can care for a garden bed
- I can harvest and use food I've grown
- I can help protect the environment

Evidence (photo/drawing):  _____

Financial & Digital Literacy

- I can recognise and count coins
- I can budget for a small item/project
- I can safely use the internet
- I can use technology to help me learn

Teacher notes: _____

Community & Social Skills

- I can share and take turns
- I can work with a partner/group
- I can mentor or support others
- I can lead a small community project

Certificate/Photo:  _____

Health & Safety

- I can wash my hands properly
- I know how to stay safe near roads
- I know how to help if someone is hurt
- I know what to do in an emergency

Teacher signature: _____

End-of-Year Achievement Page

☀️ This year, I am most proud of: _____

☀️ Next year, I want to learn: _____

Teacher Signature: _____

Parent/Carer Signature: _____