



Life Skills

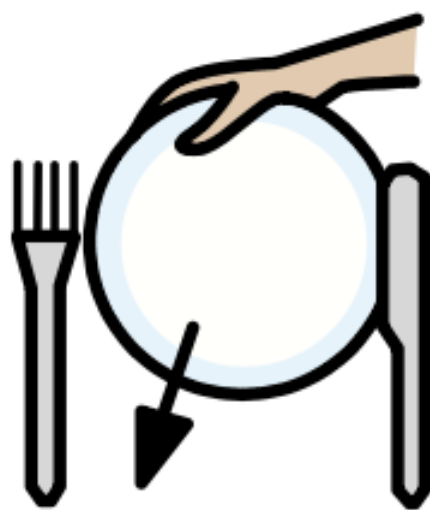


Information for Grown ups



How to use this learning resource

1. Work through the different pages.
Complete the activities together.
2. Follow the steps to learn and practice the skill.
3. Click the links to find more information.
4. Complete the additional ideas and activities to help you practice the skill.



Setting the table



Why

is

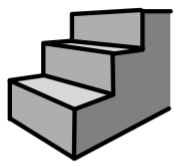
this

skill

important?

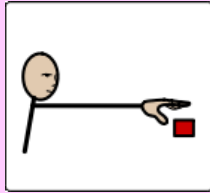
Teaching your child to set the table for meal times has numerous benefits and even helps with the development of life skills.

- It is an important opportunity for developing and promoting independence.
- It encourages them to take some responsibility.
- It can help with picture and object association.
- It helps them to learn the names of everyday objects.
- It helps teach 1:1 correspondence.
- It helps teach left and right recognition and recall.
- It helps to teach them to be organised.
- It encourages them to sit at the table and eat meals with the rest of the family.



Steps to success

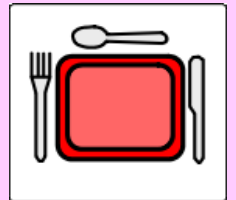
Make sure all the items they will need are accessible.



Provide a check list of the items they will need to encourage them to count, check and recognise missing items.



Provide picture placemats for them to match the items to when they first start practicing.



Remove sharp knives and glasses until you are confident they can handle them safely.



No knives



No glasses



Let's



Practice...

Follow the steps each time
your child sets the table.



watch

Comment on what your child is doing.

- I can see you have 4 plates, I wonder how many cups you need.
- You are placing the forks, I wonder what you need next.

1



Use



your



checklist

to



get

the



items



you



need.

2



Put

the



plates



on

the



table.

3



Put



each



fork

on



the

left



side

of



each



plate.

4



Put



each



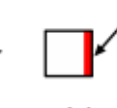
knife

on



the

right



side

of



each



plate.

5



Put



each



cup

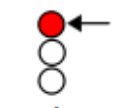
on



the



table



at the top

of



each



plate.

6



Can



you



remove



everything



after



dinner

and



take

it to the



sink?



Structured sabotage

Set up situations that encourage your child to **recognise errors**, **solve problems independently** and **ask for help**.

Don't get the items out ready for them. Do they know where to find the different items?

Move the location of some of the items. Will they look in other cupboards to try and find them?

Add extra items. Can they recognise that they have too many of something?

Remove items from the table after they have set it. Do they notice that things are missing?

Rearrange the table after they have set it. Do they notice that it is not set correctly? Can they identify and correct the mistake?



Additional



ideas



watch



Tap



for

more

information



Tap



for

more

information



A day full of opportunities!



There are lots of opportunities for your child to set the table every day. Encourage them to practice for each meal, even if it is just two of you eating.



Teddy Bear's



Picnic

Encourage your child to set the table for a picnic, breakfast or lunch for their toys. This will give them the opportunity to practice the skill.





Role Play

Cafe

or

Restaurant



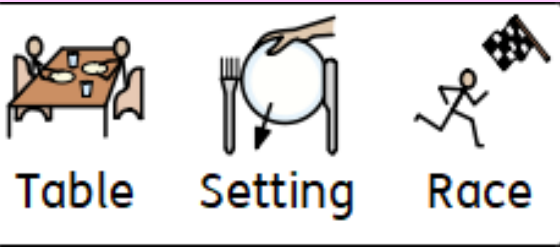
Play pretend café or restaurant with your child. Encourage them to set the table for different customers, clearing it away and resetting it for the next customer.



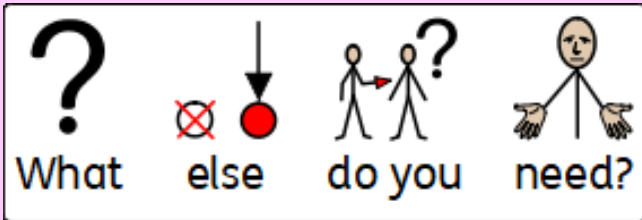
Sort the cutlery



Can your child sort the different cutlery into a tray or the cutlery draw? Can they recognise and match the different types of cutlery e.g. teaspoon and table spoon?



Have a race to see who can set the table the fastest. Are all the places correct at the end of the race?



Can your child recognise what else they need to put on the table if there is going to be dessert?

What do they need that is different for breakfast?