



## *Life Skills Progression - EYFS*

<i>Lifestyle Choices</i>	<i>Communication</i>	<i>Safety</i>	<i>Responsibility</i>
<p><i>I can use a knife and fork when eating my school lunches</i></p> <p><i>I can identify a way to keep active</i></p> <p><i>I can make a treat</i></p> <p><i>I can make healthy food choices</i></p> <p><i>I can make myself a snack</i></p> <p><i>I can make a snack for someone else</i></p> <p><i>I can make myself a sandwich</i></p>	<p><i>I know how to greet people when I first meet them</i></p> <p><i>I have good manners</i></p> <p><i>I understand that my actions have consequences</i></p> <p><i>I can be patient and wait my turn</i></p> <p><i>I know what to do if I am stuck</i></p> <p><i>I have learnt a technique to help me self-regulate my emotions</i></p> <p><i>I know that to do if I am worried or stressed</i></p> <p><i>I am independent</i></p> <p><i>I am a kind friend</i></p>	<p><i>I can take reasonable risks</i></p> <p><i>I know who I can trust</i></p> <p><i>I can be safe around water</i></p> <p><i>I can cross the road safely</i></p> <p><i>I can stay safe in the sun</i></p>	<p><i>I can identify items that I need to meet my everyday needs</i></p> <p><i>I can tidy up after myself</i></p> <p><i>I can wash up after myself</i></p> <p><i>I can look after a pet</i></p> <p><i>I can consider my impact on the environment</i></p> <p><i>I can get myself ready for a task</i></p> <p><i>I can look after my body</i></p> <p><i>I can look after a friend</i></p>