

Molly organises her lunch

Living Skills towards Independence learning story

Goal—for Molly to follow the process from growing through to eating lunch

1. Molly identifies the potatoes she planted last year. She pulls one out “Ohhh- lots”. Molly pulls the potatoes from the plant and puts them in a bowl.



2. Molly washes the potatoes under cold water until they are clean. She puts them in a pot.



3. Molly tips the container up once as directed to add salt.



4. Molly is careful not to touch the hot pot when she puts the potato on the plate.



5. Molly decides to cut the potato with her fork "I like mashed potato" she tells us.



6. When Molly is finished eating she puts her plate and the pot in the dishwasher. She has practiced this skill sufficiently; so that she initiates this without prompting.



Progress

Molly is clearly thinking about the process. She carefully pulls the potatoes from the plant holding it so any dirt goes back in the garden. She turns the tap on just enough to wash potatoes without splashing herself (she has learned this from experience!) and puts the potatoes in the pot. She adds cold water to the pot because she knows boiling water from the kitchen zip is dangerous. She knows how to open the salt container, and that tipping it up once provides enough salt for cooking. She is working with a classmate in this activity and is happy to share tasks. (relating to others.) She shows great self-management skills in getting the cooked potato from the pot, mashing it as she likes it, then initiating putting her dishes in the dishwasher.

Next Steps for Learning

- For Molly to follow a written recipe with reducing auditory cueing over repeated sessions
- For Molly to cook the same recipe with a friend
- For Molly to write a story using photos in Word Q programme to share with her class
- For Molly to make a book using Storymaker programme on her computer and share this with her classmates
- To share these successes with her family and encourage this level of independence in cooking at home.

Molly's voice

Molly's favourite things at school are cooking and swimming.

"I like toasted cheese sandwiches best".

"I put my head under and float on my back with Anne-Marie - then we can make toasted sandwiches?"