



KS3 Independent Learning Booklet

Name:

Class:





Top Tips For Supporting

Read every day. This may be phonics book, library book or book of choice.

Break tasks into small steps.

Use visuals schedules or checklists.

Practice regularly in real-life situations.

Give clear, simple instructions.

Praise effort, not just success.

Keep positive.



Autumn 2

These activities are designed to help your young person develop important life skills and independence while learning at home.

The activities are a starting point and can be adapted to suit your young person's individual needs. Some young people may benefit from tasks being simplified, while others may be ready for tasks to be extended or made more challenging.

Please share your young person's progress, achievements and photos with their form teacher. This booklet is intended to travel between home and school, helping us to celebrate and build on their learning together.

Young people who take part in the activities will be recognised and rewarded in school.

You can share progress in whichever way works best for you — through the booklet, by email, with a note, or by sending photos.

Thank you for supporting your young person to develop valuable skills for independence, confidence and everyday life.

Literacy



Week	Learning	Done	Date
1	Share a book with a family member (ask questions, answer questions, relate to own life)	☐	
2	Sequence your day or a story (retell verbally your day/story then retell in order by writing/speaking)	☐	
3	Word hunt - read everyday items/objects find 5 new words and find out what they mean	☐	
4	Describe favourite toys - look at and then write sentence to describe them	☐	
5	Start a diary (include words/sentences of what happened that day)	☐	
6	Vocabulary Challenge Start with a word such as happy and think of as many other words that mean same/similar thing)	☐	
Comments:			

Parent sign:

Teacher sign:

Maths



Week	Learning	Done	Date
1	Help with dinner. (count plates, forks, knives, cups)	☐	
2	Tidy own room. (categorise and sort items, count how many)	☐	
3	Help with/do clothes wash. (sorting, prepping, washing, hanging, folding)	☐	
4	Collect coins and notes. (Match values and make equivalents)	☐	
5	Count money and practise times tables. (in 1ps, 2ps 5ps and 10ps)	☐	
6	Save to buy something small from shop. (count out money and plan for change)	☐	
Comments:			

Parent sign:

Teacher sign:

Life Skills



Week	Learning	Done	Date
1	Play a game with a family member or friend (take turns, who is next, follow the rules)	☐	
2	Have job in the house which is done frequently (clearing table, putting bins out, sorting recycling)	☐	
3	Help prepare food with family (prep food, cook, set table, clear away)	☐	
4	Making own simple snack (toast, cereal, sandwich)	☐	
5	Follow a simple recipe (cupcakes, flapjacks, bread rolls)	☐	
6	Making own simple meal using microwave/air fryer/saucepan. (baked beans, chicken nuggets, jacket potato)	☐	
Comments:			

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Teacher sign:



Spring 1

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Literacy



Week	Learning	Done	Date
1	Describe It Choose an everyday object, toy or picture. Describe it without saying its name - use size, colour, shape, noise.	☐	
2	Story Retell Read a short story and answer questions such as who, what doing, where, why, what next?	☐	
3	Listening Detective Give your young person 2–4 instructions. Start with less and then build. EG <i>"Get your pencil, put it next to the book, then sit on the chair."</i> how many can you do?	☐	
4	Word Detective Choose a letter/sound and walk round the house finding as many things that match the initial sound. S = sofa, sock, sweet	☐	
5	Watch newsround Discuss the topics. If they watched in school, what can they remember by hometime. Watch news and discuss.	☐	
6	Play charades Use non verbal body language and gesture to act out everyday things such as swimming, cooking, sleeping then move onto traditional method of playing.	☐	
Comments:			

Parent sign:

Teacher sign:

Maths



Week	Learning	Done	Date
1	Recognising numbers on a clock (Identify numbers on an analogue clock, Match numbers on on a clock face)	☐	
2	Measure time See how long 1 minute is, explore what you can do in one minute, 2 minutes, 5 minutes etc. can you be silent, how many times can you write your name, how many jumps in the different times	☐	
3	Practise counting in 1s 2s and 5s	☐	
4	Practise telling the time for important times of day (wake up, breakfast, school start and end, lunch, dinner, bed)	☐	
5	Match analogue clocks to digital times	☐	
6	Practise telling the time (Start with 1 hour, then 30min, 15min, 45 min then 5 minute intervals)	☐	
Comments:			

Parent sign:

Teacher sign:

Life Skills



Week	Learning	Done	Date
1	Feelings Faces Draw out faces with different emotions. Write or draw when you may feel this way on each.	☐	
2	Emotion Colour Add colours to the different emotions. Think about how you feel right now and felt earlier in day.	☐	
3	Calm-Down Toolkit Using the angry emotion think about what helps you to calm. Write or draw ways to help calm.	☐	
4	Emotion Charades Take turns acting out an emotion without saying the word. The other person guesses the emotion. Start with simple emotions happy, sad, then move onto more complex ones like embarrassed, frustrated or excited.	☐	
5	My Feelings Diary Start own feelings diary and consider how you felt, what you did and what helped you.	☐	
6	Feelings Through Music Play different types of music and consider how they make you feel. Could you use any when you feel sad, angry, expected?	☐	
Comments			

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Teacher sign:



Spring 2

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Literacy



Week	Learning	Done	Date
1	My Weekend/My Half Term Write (or draw) about something you did at the weekend	☐	
2	Picture description Choose a photo or a still image from pausing TV, write, keywords, sentences or paragraphs about hwat you see.	☐	
3	My favourite thing - Write or type words, sentences, paragraphs about your favourite things. Bring it to school to share in class.	☐	
4	Write a letter Write a letter to a member of staff or a friend. This could tell them what you have done at the weekend, about a favorite topic or to ask them questions.	☐	
5	Continue the story <i>When I opened the door, I couldn't believe what I saw..."</i> use this to them explore what could happen next. Record the story verbally then write/draw out.	☐	
6	Write another letter Write a letter to a member of staff or a friend. This could tell them what you have done at the weekend, about a favorite topic or to ask them questions.	☐	
Comments:			

Parent sign:

Teacher sign:

Maths



Week	Learning	Done	Date
1	Coin Detective Practice naming coins and matching values. Practise using different coins to make equivalent amounts.	☐	
2	Create Your Own Shopping List Have a pretend budget of £5 and choose 3–5 items from a supermarket leaflet or an online supermarket. Can you remain in budget. Repeat with different amounts.	☐	
3	Paying for Items Either set up pretend shop and use money to buy items or do in real life situation	☐	
4	Plan a shop/meal Plan a meal/event and make a shopping list. Going to shops and keep to budget.	☐	
5	Price Detective Give several prices, e.g. 50p, £1.20, £2.75, £5.50. Work out the correct order from cheapest to most expensive. Calculate simple differences between prices.	☐	
6	Check the Receipt Keep receipts and go through them looking at costs and totaling amounts.	☐	
Comments:			

Parent sign:

Teacher sign:

Life Skills



Week	Learning	Done	Date
1	My Morning Hygiene Routine Create and practise a morning routine. Include toilet, washing, teeth, hair, deodorant and clean clothes. Personalise depending on level of independence.	☐	
2	Choosing Clothes for the Day Pupils to work on planning clothes for the day including - checking the weather, selecting suitable clothes, considering why	☐	
3	Sorting My Clothes Sort own clothes and tidy up. Sort in categories. Practise pairing socks, hanging clothes and fodling.	☐	
4	Plan Outfit Plan outfits for different situations: School, job interview, family celebration, gym, rainy day, warm summer day.	☐	
5 +6	Manage Your Own Laundry Give the young person responsibility for completing their own laundry. They can:sort clothes into appropriate groups, check care labels. choose an appropriate washing programme, measure detergent safely, load and unload the machine, dry clothes appropriately and fold and put clothes away.	☐	
Comments:			

Parent sign: _____ Teacher sign: _____



Summer 1

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Literacy



Week	Learning	Done	Date
1	Choose What You Like In addition to your normal home reading, choose 2 other things to read - comic, magazine, subtitles on TV, online article and discuss with family.	☐	
2	Listen and Read Choose an audiobook or podcast to listen to. Can you retell it to someone	☐	
3	Reading Detective Choose a short, accessible text and become a reading detective. Find: 3 interesting words, 2 characters or people, 1 place and then something they found funny, exciting or surprising.	☐	
4	Bring a Story to Life Choose a short story or section of a book, pick a character, read or listen to the character's dialogue, act out a scene and use different voices or facial expressions.	☐	
5	Read About My Interests Find a book or website that is interesting to you. Read or listen to it then find 3 interesting facts and draw a picture.	☐	
6	My Reading Celebration Make a list of the top things you have read recently. Consider why and share with others.	☐	
Comments			

Parent sign:

Teacher sign:

Maths



Week	Learning	Done	Date
1	Footsteps & Non-Standard Measurement Measure length of household objects using footsteps. Measure again using a tape measure. Compare the two measurements. Discuss why different people might get different results when using footsteps. Predict the measurement before measuring and calculate how close the estimate was	☐	
2	Measure Around the Home Find 5 objects around your home. Estimate which is longest and shortest. Measure each object using a ruler or tape measure. Record the measurements in cm. Put the objects in order from shortest to longest. Find two objects that are approximately the same length.	☐	
3	Heavy or Light Use kitchen scales to measure household objects in grams (g). Record the weight. Order objects from lightest to heaviest. Compare two objects. Identify which object is closest to 100g, 500g or 1kg. Find objects that together make approximately 1kg.	☐	
4	Measuring Capacity Use cups, jugs, bottles or measuring containers. Find containers around the home. Predict which holds the most. Fill and compare the containers. Use a measuring jug to measure water in ml. Record the amounts.	☐	
5	Measurement in Cooking Choose a simple recipe to enjoy. Find/buy the ingredients. Read the measurements. Use scales to weigh ingredients. Use a measuring spoon or jug. Follow the recipe in the correct order	☐	
6	Measurement Challenge Find something approximately 10cm long, 1m long, that weighs 500g, can hold 1 litre. You should estimate first, measure second and record the result.	☐	
Comments:			

Parent sign:

Teacher sign:

Life Skills



Week	Learning	Done	Date
1	Games Choose a simple game such as Snakes and Ladders, Connect 4, Uno or a dice game. Can you wait while someone else has a turn. Saying "Your turn" and "My turn." Pass the game pieces or dice. Follow the rules. Say "Well done" when someone wins.	☐	
2	Asking and Answering Play a simple game such as Guess Who, 20 Questions or a picture guessing game. Practise asking questions such as: "Is it an animal?" "Is it red?" "Is it big?" "Do you like it?" "What do you think?"	☐	
3	Playing by the Rules Choose a familiar game and talk through 3–5 simple rules before playing. Can you listen to the rules, follow the rules during the game, ask for help if you don't understand, identify when it is your turn and accept when a rule applies to them. Can you explain the rules of the game to another person.	☐	
4	Winning and Losing Play a game with a winner and a loser. Talk about how it feels to win, lose, wait and make mistakes. Can you identify your feelings and choose a strategy to manage disappointment	☐	
5	Cooperative Games Choose a game where everyone works towards the same goal (lego model, jigsaw, team treasure hunt) Practise: Sharing equipment. Asking for help. Giving instructions. Listening to another person's ideas. Taking turns. Celebrating success together. Can you explain the next step or organising the equipment.	☐	
6	Plan and Lead a Game Choose your favourite game and organise a game session for a family member. You should: choose the game, find the equipment, explain the rules, decide who goes first, take turns, encourage the other player, pack the game away afterwards. Can you also create a simple new game with their own rules and teach it to someone else.	☐	
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Summer 2

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Literacy



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1	Photo Challenge Take some photos of your local area or of your house. Write descriptive sentences based on what you can see in the photograph	☐	
2	Write a letter Write a letter to a member of staff or a friend. This could tell them what you have done at the weekend, about a favorite topic or to ask them questions.	☐	
3	Summer Menu Create a menu for what would be your favourite cafe or restaurant. Include foods, prices, descriptions.	☐	
4	My Weekend Write (or draw) about something you did at the weekend	☐	
5	My Summer Plans Write (or draw) about something you would like to do over the summer holidays.	☐	
6	My Summer Plans Write (or draw) plans for some days in your summer. This could include a trip, a friend/family visiting or films you would like to see.	☐	
Comments:			

Parent sign:

Teacher sign:

Maths



Week	Learning	Done	Date
1	Supermarket maths Choose 5 items from a supermarket website and calculate the total, discounts, percentage savings, and change	☐	
2	Mental maths challenge Pick 10 numbers and create as many different calculations as possible to reach 100	☐	
3	Measure your room Measure a bedroom and draw a scale plan. Calculate its area and perimeter	☐	
4	Telling the time (Start with 1 hour, then 30min, 15min, 45 min then 5 minute intervals)	☐	
5	Family survey Ask family members a question such as "How many hours of sleep did you get last night?" Make into a bar graph. Find the mean, median, mode and range, then create a bar chart . discuss possible reasons why.	☐	
6	Measurement in Cooking Choose a simple recipe to enjoy. Find/buy the ingredients. Read the measurements. Use scales to weigh ingredients. Use a measuring spoon or jug. Follow the recipe in the correct order	☐	

Comments:	
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Parent sign:	Teacher sign:
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Life Skills



Week	Learning	Done	Date
1	Shopping challenge Create a shopping list. Could be the weekly house shop. Compare prices from different supermarkets and calculate the total cost	☐	
2	Needs vs wants Find 10 things you might buy and decide whether each is a need or a want. Explain your choices	☐	
3	Saving challenge Choose something you would like to buy and work out how much you would need to save each week to afford it.	☐	
4	Weekly planner Create a timetable including schoolwork, hobbies, chores, relaxation and sleep. This could be a plan for over the summer holidays.	☐	
5	Active listening Have a conversation with someone and practise listening without interrupting	☐	
6	Problem-solving Think of a difficult everyday situation and write down three possible ways to deal with it	☐	
Comments:			

Parent sign:

Teacher sign:



Photos

