

Designed in response to requests from practitioners in the field, the On the Spot Life Cards contain hardly any text and a wealth of full colour visual images to help students explore the skills needed to cope with everyday situations. A key part of reflecting on our own skills and experiences is being able to visualise, in our minds eye, what is involved in any given activity. Many young people struggle to form these images in their minds. Often we try and talk through an activity with students but for many of them converting speech to visual images within their imaginations can be very difficult. These cards provide ready made visual images around which students can begin to build up a picture of what an activity entails. They deliberately include equipment, people and other items with which they may already be familiar to enable students to make the connections to their own experiences.

Suggested uses:

Recording Achievement and Action Planning

Working with individual students, get them to look at any given card and then ask them to talk about what experience, if any, they have of doing this activity. Get them to answer the questions posed on the card. In this way the cards can be used to explore what a student can already do (their achievements) and what they need to practice doing more (their action plan).

Tell me a story

Ask the students to tell a story about the activity using the person in the main picture as the central character. For example, Going to the Supermarket: This is Steven, he is going to the supermarket. Before he goes he decides what he needs to buy and writes out his shopping list. When he gets there he gets himself a trolley and then he ..

What comes first?

Ask the students to work out which of the small drawings comes first. For example, Keeping yourself clean and tidy: Do you dry your hair with the hairdryer before you use the shampoo?

Which would you use?

Ask the students which items they would use for specific activities which fall under the main heading: For example, Cleaning and tidying up: Which of these things would you use to wash up? Which would you use to clean the bathroom?

What's missing?

Cut out pieces of card to cover over some of the smaller drawings. Then ask students to guess what drawings might be under the card.

The titles in this series are:

- 1 Baking a cake
- 2 Catching a train
- 3 Cleaning and tidying up
- 4 Cooking something for yourself
- 5 Getting around by bicycle
- 6 Getting around locally
- 7 Getting ready for Christmas
- 8 Getting ready to go out
- 9 Going bowling
- 10 Going for fish and chips
- 11 Going into town
- 12 Going on day trips
- 13 Going on holiday
- 14 Going out for a meal
- 15 Going to a party
- 16 Going to hospital
- 17 Going to Scouts or Guides
- 18 Going to the cinema
- 19 Going to the dentists
- 20 Going to the doctors
- 21 Going to the hairdressers
- 22 Going to the library
- 23 Going to the Post Office
- 24 Going to the supermarket
- 25 Going to the swimming baths
- 26 Having a friend over to stay
- 27 Helping friends and neighbours
- 28 Helping in the garden
- 29 Helping with decorating
- 30 Hiring a video
- 31 Keeping fit
- 32 Keeping yourself clean and tidy
- 33 Looking after a pet
- 34 Looking after your clothes and shoes
- 35 Making a packed lunch
- 36 Making hot or cold drinks
- 37 Shopping for clothes and shoes
- 38 Spending time with friends
- 39 Tidying your bedroom
- 40 Using a fast food restaurant

Using the CD (site licence)

The CD gives you a software version of the Life cards in Adobe Acrobat format. You can use this version to view the cards on screen and to print extra copies.

System requirements for running Adobe Acrobat Reader 4.0

Windows

486 or Pentium Processor based personal computer
Microsoft Windows 95,98 or Windows NT 4.0 with service pack 3 or later
10MB of available RAM on Windows 95 and Windows 98 (16MB recommended)
16MB of available RAM on Windows NT (24MB recommended)
10MB of available hard disk space

Instructions

If you do not have a copy of Adobe Acrobat Reader vs 4 on your computer you will need to install that first.

Instructions for installing Acrobat Reader vs. 4.0

- Put the CD in your CD drive
- Click on the START button
- Select RUN
- Type X:\ar40eng.exe replacing X with the letter of your CD drive
- Click OK

If you have a copy of Acrobat Reader vs 4.0 on your computer:

- Put the CD in your CD drive
- Go to Windows Explorer
- Copy the Lifecards.pdf into a convenient directory on your computer.
- To run Acrobat Reader click the START button and select Acrobat Reader vs 4.0 and then click on Acrobat Reader vs 4.0. Acrobat Reader will start.
- To open the Lifecards file, click on FILE and then OPEN.
- Find the directory with the Lifecards.pdf and click on OPEN.

Once a file is open you can choose which pages you want to print. For a guide to using Acrobat Reader click on HELP on the top menu bar and Readers Guide. This is a comprehensive guide to using Acrobat Reader which you can view on screen or print out.

★ FREE COPIES

Here at HighFlyers Publishing we are always keen to take feedback on our products. If when you use these cards you feel strongly that something is missing or needs adding in or changing please let us know and if we incorporate your suggestion into the cards we will send you a free copy of the amended set.

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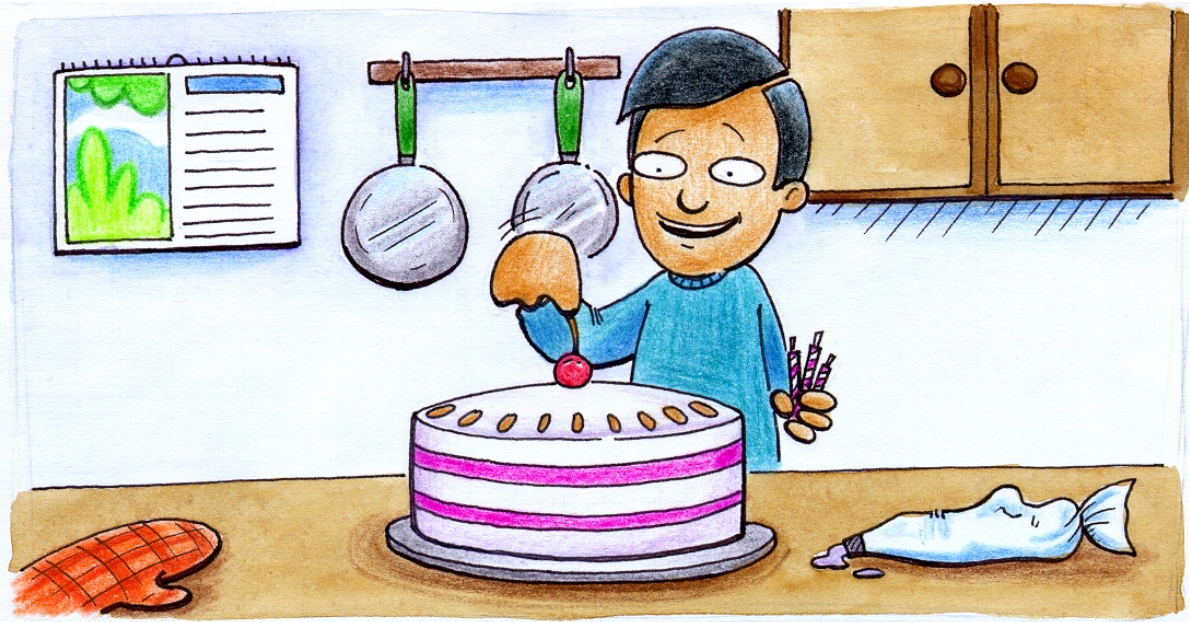
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Baking a cake



Here are some of the things you might use or come across.

What would you do with them?

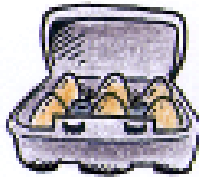
Can you think of any other things you might use?



flour



sugar



eggs



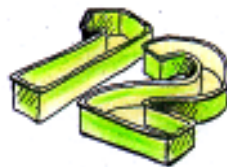
margarine



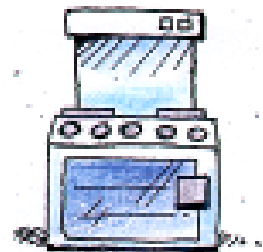
oven gloves



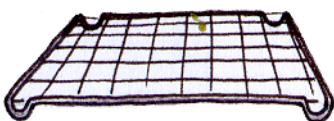
weighing scales



cake tin



oven



cooling tray



piping bag



decorations



jar of jam