**Occupational Therapy – Autumn Term**

Preparation for Life

Occupational therapists and Speech and Language therapists at Blossom House School deliver combined Preparation for Life days to pupils for one full day each half term. These days aim to develop social, motor and process skills alongside overall independence. The domains of focus this term are Food preparation and Independent travel.

The following skills will be covered under the Food Preparation topic:

* Creating and following recipes
* Chopping, slicing and grating
* Boiling and frying
* Using ovens and hobs
* Kitchen safety
* Kitchen hygiene

The following skills will be covered under the Independent Travel topic:

* Planning journeys,
* Appropriate behaviour on transport
* Ability to follow a journey plan
* Road safety
* Problem-solving a range of travel scenarios

The sessions aim to support students to break down tasks into process, motor and communication skills and encourage them to develop their self-reflection and adaptation skills. This will help the students to gain self-awareness and confidence in their own abilities. Teaching and support staff will be informed of specific skills that can be further developed throughout the school term. Where possible, parents will also be encouraged to continue this work at home, promoting independence in day to day tasks.