

Appendix 11: Residential Education Centre Personal Development Plan - Development Areas

Personal Development Plan Development Areas

Speech, Language and Communication	In all areas we aim to develop the Speech and Language and Communication of the children. All staff are trained to support the children develop their Speech, Language and Communication in whatever form is appropriate for each child. This includes differentiated language levels, signing, support with AAC and the use of visuals.		
TALK	LEARN	LEARN	GROW
<ul style="list-style-type: none"> • Interactions • Turn taking. • Sharing • Listening • Engagement • Negotiations • Leading groups 	<ul style="list-style-type: none"> • Fire • Electrical Safety • Road Safety • Strangers • Environments • Recognition of symbols/signs • What to do if I get lost 	<ul style="list-style-type: none"> • Life Skills • Social Interaction • Mealtime skills • Being Healthy • Being a good friend • Sexual development • Travel skills 	<ul style="list-style-type: none"> • Emotions • Mental Health and Wellbeing • Independence
Personal Development Plan (Self Help Skills/Washing and Bathing)	Personal Development Plan (Self Knowledge)	Personal Development Plan (Eating and Drinking)	Personal Development Plan (Sleep Hygiene)
<ul style="list-style-type: none"> • Dressing • Washing and Bathing <ul style="list-style-type: none"> ○ Washing at the sink ○ Bathing ○ Showering • Hair Washing • Hair Brushing • Teeth Cleaning 	<ul style="list-style-type: none"> • Knowledge of self • Knowledge of home 	<ul style="list-style-type: none"> • Drinking • Eating • Mealtime rules • Mealtime Independence • Healthy eating 	<ul style="list-style-type: none"> • Bedtime • During the night • Waking

<p>Personal Development Plan (Personal Hygiene)</p> <ul style="list-style-type: none"> • Personal Hygiene • Toileting • Night-time toileting 	<p>Personal Development Plan (Health)</p> <ul style="list-style-type: none"> • Looking after my equipment • Medication • First Aid • What to do if I feel ill? • Healthy Eating 	<p>Personal Development Plan (Activity Self Managers)</p> <ul style="list-style-type: none"> • Joining in activities • Attempting and completing tasks • Resilience when attempting new/difficult tasks 	<p>Personal Development Plan (Sexual Knowledge/Privacy)</p> <ul style="list-style-type: none"> • Awareness of my own body • Awareness of others' bodies • Understands sexual development. • Keeping safe
<p>Personal Development Plan (Emotions/Mental Health and Wellbeing)</p> <ul style="list-style-type: none"> • Emotions • Mental Health and Wellbeing • Zones of Regulation 	<p>Personal Development Plan (Social Competence and Relationships)</p> <ul style="list-style-type: none"> • Interactions • Turn taking. • Sharing • Listening • Engagement • Negotiations • Leading groups 	<p>Personal Development Plan (Safety)</p> <ul style="list-style-type: none"> • Electrical • Fire • Road Safety • Strangers • Environments • Recognition of Symbols/signs • What to do if I get lost 	
<p>After School Activities (Jump Ahead)</p> <ul style="list-style-type: none"> • Balance • Body Awareness • Basic Fine Motor Skills 	<p>After School Activities (Cooking)</p> <ul style="list-style-type: none"> • Attention and listening • Healthy Eating • Balanced Diet 	<p>After School Activities (Art)</p> <ul style="list-style-type: none"> • Attention and listening • Topic 	<p>After School activities (Choir)</p> <ul style="list-style-type: none"> • Attention and listening • Turn taking. • Online Safety

	<ul style="list-style-type: none"> • Sharing • Group activity 		<ul style="list-style-type: none"> • Singing
<p>After School Activities (Gym)</p> <ul style="list-style-type: none"> • Gross Motor Skills • Body Awareness • Physical activity • Turn Taking 			
<p>Unstructured Play (Activities)</p> <ul style="list-style-type: none"> • Role Play • Board Games • Bikes/Scooters • Games • Dressing up 	<p>Unstructured Play (Play)</p> <ul style="list-style-type: none"> • Rules • Individual Play • Sharing • Turn Taking • Group Play 	<p>Unstructured Play (Relationships)</p> <ul style="list-style-type: none"> • Resolving friendship problems • Listening Skills • Negotiation • Helping others • Physical and emotional boundaries 	<p>Role Play</p> <ul style="list-style-type: none"> • Resolving friendship problems • Listening Skills • Negotiation • Helping others • Learning about the world • Developing skills
<p>Everyday Skills</p> <ul style="list-style-type: none"> • Making a phone call • Using Skype 	<p>Enrichment</p> <ul style="list-style-type: none"> • Festivals • R.E. • Art for topic • Extended Art 	<p>Extended activities</p> <ul style="list-style-type: none"> • Travel by bus and train • First Aid • Shopping for a meal • Cooking a basic meal • Mental Health and Wellbeing 	

	<ul style="list-style-type: none">• Children's Forums• Keyworker Sessions	<ul style="list-style-type: none">• Health• Green Habits• Healthy Eating• Planning and cooking basic meals• Money Skills	
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