

The Breakfast Club: An Activity for Learning, Development and Life Skills



Brought to you by the NCSE Occupational Therapy Team



The focus of this occupational therapy series is on everyday home occupations that support children's learning, development and wellbeing. By encouraging your child to participate with you in these activities, opportunities for learning can occur as there is great learning potential to be found in everyday occupations.

By engaging your child and family in making breakfast, the following skills can be developed:

Fine Motor Skills

Cutting, spreading butter, pouring milk, opening and closing cartons.

Exploring the Senses

Smell, touch, taste.

Thinking Skills

Plan a task, follow a sequence, and remember information.

Responsibility and Independence

Hand washing, safely handling food and kitchen equipment.

Applying Learning to Life Skills

Mathematics, science, reading and language skills.

Social Skills

Listening to table orders and role play activities, talking through recipe steps.

What's on the menu?



It is important to consider where to start to make this task attainable for your child and to ensure they get a sense of achievement once completed. Think about your child's skill level and if the recipe should include pictures, numbers, simple words etc. so that it is a 'just right challenge' for your child to follow. Remember to keep asking your child 'what is next' so that they are fully involved in the activity.

- ✦ Starting small, the first thing on the menu could be a bowl of cereal and/or a cup of juice. This task includes a lot of challenging activities such as opening the milk and juice bottle, pouring the cereal and milk into the bowl and carrying the bowl and cup to a tray or to a table.
- ✦ Next on the menu, could be a slice of toast. Buttering the toast is a challenging activity, practice with butter that is soft. Make the activity super fun by asking your child to use their imagination to decorate the toast with fruit to make a face or an animal or use some baking tools as cutters to create a shape.
- ✦ For some recipes and ideas see <https://www.bbcgoodfood.com/recipes/collection/kids-breakfast> and there are lots of video recipes on YouTube.

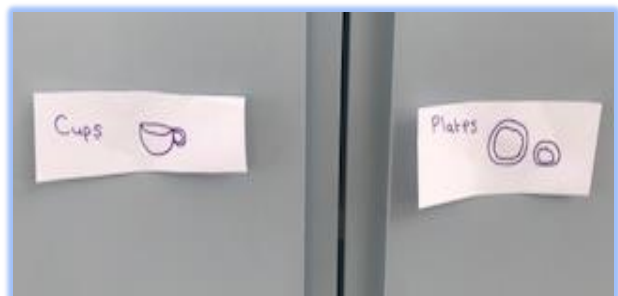


Other Activities That Could Also Be Added To the Breakfast Club Challenge



Get Creative with Setting the Table

Create and decorate unique dinner place mats and/or napkins. Use flowers from the garden or pretend it's a birthday party and use what you can find around the house to decorate.



Label Your Kitchen Cupboards

To help with locating items in the kitchen create labels using words, drawings or pictures.



Create the Shopping List Together

Write, draw or use the online shopping websites to pretend to order items and add up the prices.



Restaurant Role Play

Create a menu, take table orders, and welcome guests. For younger children using play cups, plates and pretend food.

For more information on the benefits of cooking please see <https://life-skills.middletonautism.com/background/teaching-life-skills/teaching-life-skills-within-curriculum/>