

At Arete:

On a residential you are learning to become more independent and complete some daily tasks which you may not have done at home before. Before your visit to Arete, it may be helpful to practise some of the tasks you need to do around the centre. The Arete staff, your teachers and friends will help too!

Pre Course Ideas:

- Before you come to Arete, a really helpful skill that you can practice is how to make your own bed, putting on bottom sheet, duvet cover and pillow case.
- What further steps could you take to help out at home? Could you vacuum your room? Could you put your laundry and used bed sheets in the washing machine and learn how to wash them correctly? These are all great life skills which you will always use.
- We have some fun ideas to use a bedsheet for a shelter, check out our [shelter video 1](https://youtu.be/ELn2HETkxJM).
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Social Awareness

Identify the impact of your actions

Can you:

Make your own bed and keep your bedroom tidy

Additional information:

Bedsheets

[Online shelter building videos](#)

