

BUILDING ME!



A curriculum for building
learning skills and independence

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Building Learning Skills:

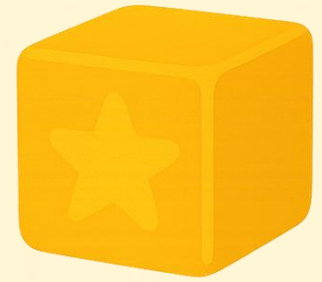
- Attentional Control
- Inhibitory Control
- Working Memory
- Enquiry Skills

Building Independence Skills:

- Personal Care and Hygiene
- Eating and Cooking
- Self-Organisation
- Economic Awareness
- Transitions



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Intent

At Westfield, *Building Me!* is a bespoke curriculum designed to equip our children with the learning and independence skills they need to thrive both in school and in life. Our pupils often find these skills particularly challenging, so *Building Me!* provides carefully structured teaching and support to help them develop the foundations for learning and self-reliance.

The curriculum is built around two areas:

- **Building Learning Skills** — developing attentional control, inhibitory control, working memory and enquiry skills.
- **Building Independence Skills** — nurturing personal care, self-organisation, practical life skills and confidence in transitions.

Through this, children learn how to focus, explore with curiosity, and build the independence that enables them to participate fully in their community.

Implementation

Building Me! is delivered through an explicit and highly personalised approach. Skills are taught systematically, revisited regularly, and reinforced across all areas of school life.

- **Building Learning Skills** are developed through structured play, sensory experiences and supported learning tasks that build concentration, control and flexible thinking.
- **Building Independence Skills** are practised through real-life, meaningful contexts — from personal care routines and cooking to managing belongings, understanding money and preparing for transitions.

Staff use modelling, visual supports and consistent routines to scaffold success. Progress is carefully monitored, with Assess-Plan-Do Review targets tailored to each child's individual stage of development.

Impact

Through *Building Me!*, our children make measurable progress in their ability to focus, remember, enquire and approach new challenges with increasing confidence. They show improved attention and independence, and begin to apply these skills across their learning and daily routines.

As they move through Westfield, pupils become more capable, curious and self-assured — able to make choices, express preferences, and take pride in what they can do. *Building Me!* enables our students to develop the essential learning habits and independence skills, at a needs relevant level, for the next stage of their education and for life beyond school.

