**Biscuits to Thrive**

**Ingredients: Oats, self-raising flour, sugar, butter, golden syrup, milk**

**Method/ Process**

1. With your very own *Incentive* find a suitable time
2. Identify open space with a **surface you can reach / see**
3. Using **safety awareness skills** set/ organise for the oven to be set at a moderate heat
4. Having used your ‘ **planning skills’** to ensure all ingredients in place use **visual** and **gross/ fine motor skills** to gather the ingredients together.
5. Using ‘**object recognition skills’** and **fine motor skills** and take a wooden spoon and a set of scales and a bowl
6. Using **upper limbs** weigh out dry ingredients ( oats, flour and sugar)
7. Place butter, golden syrup and milk in a pan or microwave until combined
8. Using a variable ‘**range of movement’** of the joints of the upper limbs mix the wet and dry ingredients together
9. Once combined using your **choice and control** over size place on a baking tray
10. Safely place in the pre-heated oven
11. After 12 mins or when just turned brown remove from oven and allow to cool and share