

SEPTEMBER

MONDAY

Choose daily outfits appropriate for a planned activity, weather, etc.

TUESDAY

Shampoo your hair.

WEDNESDAY

Use a small appliance (i.e., blender, mixer, toaster).

THURSDAY

Assist with yard work (i.e., weeding, raking leaves, shoveling snow).

FRIDAY

Assist in minor home repairs (i.e., use a screwdriver, pliers).

Fold, hang up, and put away laundry independently.

Complete and turn in homework assignments on time.

Identify common emergency situations and demonstrate actions to take.

Check and record voicemail or answering machine messages.

Use a coin-operated machine (i.e., vending, gumball, laundry).

State the name(s) of your doctor(s).

Participate in extracurricular or community activities.

Express personal preferences for reading media or aids.

Use signal lights to cross a complex intersection.

Place soiled clothing with other clothing to be washed.

Use a hair dryer, curling iron, or flat iron independently.

Use a soft drink dispenser with assistance.

Plan and prepare a balanced meal from the basic food groups.

Assist with cleaning a stove or refrigerator.

Identify different types of batteries.

INSTRUCTIONS

Choose at least three activities each week for your child to do as homework.

Check the square when an activity has been completed.

Please sign and return this sheet to the teacher at the end of the month.

Middle School | Amanda English | 2019

PARENT SIGNATURE: _____

OCTOBER

MONDAY

Fold clothing or towels.

TUESDAY

Determine daily needs for a class (i.e., notetaker, magnifier).

WEDNESDAY

Demonstrate how to use items in a first aid kit.

THURSDAY

Operate a cell phone independently.

FRIDAY

Make a small purchase.

Demonstrate medical procedures for choking, poisoning, etc.

Volunteer to work at a school event.

Appropriately ask for clarification when seeking information.

Give directions to or from a place of choice.

Use color identification apps on a cell phone or tablet.

Comb and style your hair with assistance.

Use a vending machine to get food or a drink with assistance.

Cut meat independently.

Care for pet(s) with minimal assistance.

Know battery sizes for electronic devices.

Use a hair dryer, curling iron, or flat iron independently.

Color-coordinate clothing using an app or organizer.

Clean/organize contents of a tote bag, purse, backpack, or wallet.

Demonstrate safe practices using electricity and gas.

Record phone messages/voice messages independently.

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PARENT SIGNATURE: _____

NOVEMBER

MONDAY

Organize your bedroom closet by types of clothing.

TUESDAY

Determine daily needs for class (i.e., notetaker, magnifier).

WEDNESDAY

Demonstrate how to use items in a first aid kit.

THURSDAY

Operate a cell phone independently.

FRIDAY

Rake leaves into a pile.

Take your pet for a walk.

Change a lightbulb in your house.

Match socks independently.

Order a book online.

Practice putting on a bandage.

Save contact information in an electronic device.

Learn the difference between a refund and store credit.

Demonstrate the procedures for calling 9-1-1.

Discuss what you would like to do for a career.

Call a store to request a personal shopper.

Discuss your clothing and shoe sizes with your parents.

Use dental floss and discuss why it should be used daily.

Help peel potatoes for dinner.

Cut meat independently.

Assist with cleaning the stove or refrigerator.

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PARENT SIGNATURE: _____

DECEMBER

MONDAY

Make a list of items you need to purchase.

TUESDAY

Get the mail from the mailbox.

WEDNESDAY

Make an appointment for a haircut.

THURSDAY

Tell your parents how to get home from school using cardinal directions.

FRIDAY

Make hot chocolate.

Vacuum the carpet.

Make pudding for dessert.

Pack your lunch for school or a parent's lunch for work.

Sort the laundry and put towels in a separate pile.

Put icing on cookies.

Clean the outside of your ear with a cotton swab.

Dust the furniture in the living room.

Wrap holiday gifts.

Dress yourself independently for an outdoor activity.

Go outside and shovel snow.

Follow a multi-step baking recipe requiring measurement tools.

Feed and give water to your pet.

Slice a dessert and serve your family.

Put clothes in the dryer.

Make your bed.

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PARENT SIGNATURE: _____

JANUARY

MONDAY

Write thank-you notes.

TUESDAY

Go sledding.

WEDNESDAY

List your medications and how to administer them.

THURSDAY

Do a web search on your eye condition.

FRIDAY

Get travel rates from your home to a store (i.e., Uber, Lyft, a cab).

Change the font on a computer.

Help put away holiday decorations.

Locate where your house is located on a map.

Name two places you can travel to independently from your home.

Call the pharmacy to renew a prescription.

Scrub the sink and bathtub or shower.

Make your bed.

Tie your shoes.

Identify your belongings (i.e., backpack, boots, coat).

Clean and care for your glasses.

Politely ask someone to explain where food is placed on a plate.

Wipe up spills with some assistance if needed.

Take household trash out to the garbage bin.

Hang a picture on the wall with assistance.

Independently fold, hang up, and put away laundry.

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PARENT SIGNATURE: _____

FEBRUARY

MONDAY

Describe a familiar business area.

TUESDAY

Color-coordinate clothing independently.

WEDNESDAY

Use mouthwash.

THURSDAY

Shave legs and armpits or facial hair.

FRIDAY

Use a soft drink dispenser with assistance.

Use a stove with supervision.

Take the trash to the curb for pick-up.

Water plants in your house.

Use scissors to cut out a shape.

Sew on a button.

Hand wash and line dry delicate items with assistance.

Read a story to a younger child.

Leave a voicemail message.

Fold money for easier identification and retrieval.

Participate in a babysitting class.

Demonstrate appropriate personal space.

Participate in individualized education program (IEP).

Ask for directions independently.

Play a game with your family or friends.

Visit a library to see if they have books in braille, large print, or audio.

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MARCH

MONDAY

Use mouthwash.

TUESDAY

Describe how your eye condition impacts daily activities.

WEDNESDAY

Estimate the total cost of a purchase.

THURSDAY

Describe ways to care for people with common illnesses.

FRIDAY

Check/record messages on an answering machine or cell phone.

Fry an egg in a pan on the stove.

Hang a towel on a hook or towel bar.

Safely plug and unplug small appliances.

Describe your clothing and shoe sizes.

Pack for a weekend trip with supervision.

Hand wash and line dry delicate items with assistance.

Initiate taking a bath or shower, or washing your hair.

Loop a belt through belt loops.

Lace your shoes.

Put food away in the refrigerator.

Label or adapt your clothing to aid in care and selection.

Wash your hands with soap and water. Turn off the faucet.

Check movie times online or by phone.

Use a tissue to wipe and blow your nose.

Make a purchase with cash, and check for correct change.

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APRIL

MONDAY

Microwave instant oatmeal or tortilla with cheese.

TUESDAY

Ensure privacy when using a toilet/urinal.

WEDNESDAY

Discuss how to make a purchase online.

THURSDAY

Wash your dishes by hand after a meal.

FRIDAY

Get assistance finding a restroom in an unfamiliar setting.

Learn how to reset the Wi-Fi.

Ensure privacy when dressing and undressing.

Set up a bank account.

Dry your hair with a blowdryer.

Call to make an appointment with assistance.

Make a smoothie with a blender.

Lay a piece of clothing flat to dry.

Loop a belt through belt loops.

Tie your shoes.

Request help at the grocery store to locate a food item.

Make a salad.

Ask a server about menu items at a restaurant.

Wash a load of laundry and transfer it to the dryer.

Clean the bathroom mirror.

Ask the types of flavors at an ice cream shop, then order and pay.

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MAY

MONDAY

Wash windows with assistance.

TUESDAY

Go through summer clothing to see what fits.

WEDNESDAY

Clip or file fingernails.

THURSDAY

Use the garbage disposal with assistance. Learn what can go in it.

FRIDAY

Order lunch-meat from the deli counter at a store.

Reset a password on your phone or computer.

Carry a tray from one location to another.

Make a pitcher of lemonade or other flavored drink.

Put a snack in a sealable plastic bag or small lidded container.

Check movie times online or by phone.

Find major appliances in your home. (ie., water heater, furnace).

Toast and butter bread.

Water plants.

Write a letter, purchase a stamp, and mail the letter.

Plug in a small appliance or electronic device.

Use a can opener.

Cook eggs on the stove with assistance.

Fold a clean load of towels independently.

Straighten items on a shelf.

Sweep or vacuum the kitchen floor.

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JUNE/JULY

MONDAY

Plant flowers.

TUESDAY

Buckle sandals.

WEDNESDAY

Clean the windows of a car with assistance.

THURSDAY

Take garbage out to the curb.

FRIDAY

Hull and slice strawberries.

Weed a garden with assistance.

Make “ants on a log” with celery, peanut butter, and raisins.

Put on a bathing suit and locate a towel independently.

Cook ready-made pasta in the microwave.

Gather ingredients for s’mores.

Water flowers with a hose or watering can.

Dust furniture.

Cut vegetables and make a veggie dip.

Serve your family dinner using a serving spoon or tongs.

Explore materials used for painting a room.

Go fishing.

Pour your own cereal and milk.

Clean a toilet.

Shake out a rug outside.

Use a coin-operated laundry machine.

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JULY/AUGUST

MONDAY

Change your bedsheets.

TUESDAY

Make pudding.

WEDNESDAY

Remove small or out-of-season clothing from your closet or dresser.

THURSDAY

Peel an orange and pull apart the sections.

FRIDAY

Discuss kitchen safety (i.e., electrical and fire hazards).

Arrange flowers in a vase.

Cut a block of cheese into cubes.

Iron a pair of pants with supervision.

Organize money in a wallet.

Pack a bag for the beach.

Use an ATM with assistance.

Sanitize the countertops in the kitchen.

Cook chicken in the oven with assistance.

Discuss who you should share personal information with.

Unlatch and open windows in your house, then close and latch them.

Use a bookmark to save your spot in a book you're reading.

Bake cookies independently.

Fix your bed independently.

Match socks independently.

Go to camp.

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