



## Five Minute Independent Living Skills (ILS)

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## Acknowledgments:

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# Five Minute ILS Activities

- Put on lotion/hand sanitizer
- Read/compare a variety of menus
- Read a variety of different maps (school/community buildings, city/state, parks etc)
- Use CCTV or handheld magnifier to look at a variety of coupons (talk about what used for, where you can use it, etc.)
- Make chocolate milk
- Make microwave popcorn
- Make microwave pretzel
- Use toaster to make toast, pop tart, bagel, etc.
- Read utility bill (date due, amount owed, address to send it to, etc.
- Open bag of pretzels, chips, etc.
- Sort/name/count money
- Learn folding techniques for money
- Count specified amount of money and use vending machine
- Fold washcloths/hand towels/bath towels
- Practice putting on gloves/mittens
- Use key to open door lock
- Open/close a variety of doors
- Peel orange/banana
- Frost a cupcake or cookie
- Make hot chocolate
- Compare different kinds of grapes, apples, vegetables, etc.
- Tax or no tax (what items are taxed and what items are not)
- File/paint fingernails
- Tell me what you are wearing ("I am wearing," "your friend is wearing")
- How much does it cost? Bring in advertisements and have students guess how much things cost
- Get a drink of water from a water fountain
- Put a straw in a juice box and drink it
- Clip/unclip a chip bag
- Open/close a variety of different containers
- Use CCTV or magnifier to read medicine bottle
- Open applesauce or pudding cup and use spoon to eat
- Tie shoes
- Put items in a snack bag and close it
- Put items in/take out of backpack
- Take lid off/put lid on game
- Get game pieces out/put away
- Make a sandwich, cut in half, and put in sandwich bag
- Get out wipe and wash face/hands
- Get out cleaning wipe and wipe off table
- Put pillow in pillowcase
- Fold shirts/pants
- Put clothes on hangers
- Change batteries in a game and play it
- Sweep floor
- Vacuum floor
- Answer the phone

- Make a phone call/leave a message
- Write a thank you letter, put it in an envelope, address it, and put a stamp on it
- Staple or put paperclips on a stack of papers
- Wrap a gift
- Take money out of a coin purse and put it in a piggy bank
- Open a key or combination lock
- Open/drink a single-serving milk
- Wash/dry dishes
- Spread butter and jelly on crackers
- Use paper towel/napkin to wipe mouth and hands
- Pull paper towel off roll or napkin out of napkin dispenser
- Pull tissue out of box and wipe/blow nose
- Carry tray to the sink or trash can
- Practice personal information (phone number and address)
- Loop a belt through belt loops
- Lace shoes
- Tie a necktie
- Put on a Band-Aid
- Buy something out of a vending machine
- Set a simple table setting
- Use condiments from a variety of containers
- Use a can opener
- Write out a shopping list
- Talk about what stores sell items on your shopping list
- Water plants
- Sort items for recycling
- Use a broom and a dust pan
- Use simple household tools to fix something
- Clean your glasses
- Identify clothes that are inside out
- Match socks
- Sort silverware
- Clean/organize contents of locker or bag
- Find exits in the building
- Discuss what to do in emergencies (fire, tornado)
- Learn parent's full name and what kind of car they drive
- Exposure to several different kinds of phones
- Make own list of important numbers
- Call for take-out food
- Set and use an alarm clock
- Use a watch
- Name the months of the year/days of the week
- Look through a catalog and make a wish list
- Role-play a job interview
- Complete a job application
- Talk about and research various careers
- Describe own eye condition
- Fold money
- Play a board game
- Put up the school flag
- Stack chairs in the room
- Wash the table
- Find all of the braille signs in a building
- Read a tactile or large print magazine



# Show and Tell

**Bring in a variety of items to compare and contrast. The possibilities are endless!**

- Belts
- Hats
- Sandals
- Boots
- Tennis shoes
- Necklaces
- Earrings
- Bracelets
- Watches
- Water bottles
- Candles
- Perfume/cologne
- Sunglasses
- Flowers
- Pet toys
- Light bulbs
- Fruit/vegetables
- Utensils (tongs, spatula, etc.)
- Backpacks
- Coats
- Cell phones
- Socks
- Scissors/pens/markers/tape
- Makeup
- Shirts
- Pants
- Shorts
- Hand tools
- Hair accessories
- Keychains
- Towels
- Lunch boxes
- Packs of gum
- Lanyards
- Juice boxes
- Remote controls
- Magazines
- Sponges
- Slippers
- Purses
- Wallets
- Cameras
- Salt and pepper shakers
- Gloves
- Mittens
- Scarves
- Coffee cups
- Picture frames
- Vases
- Shampoo and conditioner bottles

# The Name Game

**Name as many kinds of \_\_\_\_\_ that you can think of...**

- Cheese
- Cookies
- Drinks
- Cereal
- Cars
- Candy bars
- Animals with four legs
- Vegetables
- Fruits
- Things in cans
- Games
- Restaurants
- Fast food restaurants
- Things to wear
- Flowers
- Trees
- Ice cream
- Soup
- Singers/musical groups
- Stores
- Things that are green, blue, red, etc.
- Television shows
- Types of boots
- Sporting events

# Did You Know?

- People text with their thumbs
- School buses have the name of the school district, a bus number, and an emergency back door
- People put their flag up on their mailbox when they have mail that they want the mailman to pick up
- People sometimes keep their winter hat on even when they are inside
- Some people don't take their Christmas lights down until summer
- Some ATMs have braille on the keypad and will talk if you plug headphones into it
- Some iPods show the name of the song playing and a picture of the CD
- Shopping carts can be pushed together into a long line
- Meijer, Walmart, CVS, 7-Eleven, etc. are open 24 hours
- Some restaurants have all you can eat french fries, soup, fish, pasta, etc.
- What are your ideas?