



## ILS Module 9: Virtual ILS Workshop

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**Plan to have a planning meeting with the ILS team one month before the program.**

Planning meeting location:		Planning meeting date:
Event date:	Event start time:	Event end time:

Who	What	By When	Completed?
	Send action plan and agenda to team	1 month prior to workshop	
	Determine which staff member will train each part of the virtual session		
	Send out "Save the Date" email to families. Send material list to families for sessions: <ul style="list-style-type: none"> <li>Broom, dustpan, lightbulb, lamp, dark towel, tray or pan with edge, <math>\frac{3}{4}</math> cup measuring cup, bath towel, hand towel, washcloth, child's shirt, and child's pants</li> </ul>	1 month prior to virtual workshop	
	Order materials/groceries online	3-4 weeks prior to workshop	
	Set up link for training session	2 weeks prior to workshop	
	Add braille/large-print labels and recipes	1-2 days prior to shipping materials	
	Send out email to families; include platform link and that they should expect a box of materials	1-2 weeks prior to virtual program	

**Agenda (Fillable)**

Time	Activity
	Welcome, Introductions, and Overview
	Recipe: Overnight No-Cook Chocolate Oats
	Basic House Maintenance: Sweeping and Lightbulbs
	Laundry: Sorting and Folding
	Wrap up and end of program

- ☐ Horizon Organic 1% Lowfat Shelf Stable Chocolate Milk, 8 Oz., 12 Count, \$12
- ☐ Oatmeal Original Packets, \$5
- ☐ Ball Glass Mason Jars with Lids & Bands, Wide Mouth, 16 oz, 12 Count, \$11
- ☐ Honey packets, 200 count, \$20
- ☐ Sock locks, \$4
- ☐ 12 boxes, 8x8x12, \$11.00

**Approximate Total: \$63**

(Cost is approximately \$5 per family + shipping for each box)

Mail 1 of each item to the families ahead of the program.

- ☐ Trays
- ☐ 3/4 measuring cup
- ☐ Broom and dustpan
- ☐ Lightbulbs of various kinds and types
- ☐ Socks and sock locks
- ☐ Various-sized towels
- ☐ Shirt and pants
- ☐ Broom and dustpan

## Welcome, Introductions, and Overview of Evening

1. Remember, learning how to do these activities is not a “one and done” process. It takes time to learn a skill.
2. Remind parents: It’s okay if what the kids create is not perfect; we need to let the kids try to help correct it. (Let them rate their job 1-5.)
3. Introduction notes: Circumstances were not conducive to gathering in person. Glad to get together regardless. The sessions are broken up such that families can attend all or part of the training.

## Session 1: Overnight No Cook Chocolate Oats

(30 minutes)

### Materials

- 3/4 measuring cup
- 12-16-ounce Ball mason jar
- Tray or cookie sheet with edge
- 1 package oatmeal per student
- 1 package honey per student
- 1 container chocolate milk per student

### Recipe

1. Pour 1 package of original oatmeal in a mason jar.
2. Pour 1 package of honey in the jar.
3. Measure  $\frac{3}{4}$  cup of chocolate milk into the jar.
4. Put on the lid and shake vigorously for 10 seconds.
5. Place in the refrigerator overnight and serve in the morning.
6. Serve cold.
7. 1 container chocolate milk per student.



## Session 2: Basic House Maintenance: Sweeping and Lightbulbs

(30 minutes)

### Materials

- Broom and dustpan
- 3-4 light bulbs (different kinds if possible)
- Lamp

### Steps

1. [Watch Sweep Up a New Skill: Sweeping When Low Vision or Blind video](https://bit.ly/2XyJQSR) (bit.ly/2XyJQSR), time: 6:55.
2. Have children practice with parent support (3-5 minutes).
3. Exploring lightbulbs: In-person exploration (dark towel and several lightbulbs).
4. Changing a lightbulb: Watch [SixBlindKids - David Changes High Ceiling Light Bulbs](https://bit.ly/3kkfSMm) (bit.ly/3kkfSMm) video from 8:25 – 16:22 (8 minutes).
5. Have children try inserting lightbulb and screwing into socket.

## Session 3: Laundry Sorting and Folding

(30 minutes)

1. Using the Washing Machine (Time: 7 minutes)  
[How Blind People Do Laundry](https://bit.ly/2XzoiW8) (bit.ly/2XzoiW8)
2. Sorting Socks (Time: 2 minutes)  
[Low Vision Laundry Tip: Laundry Bags](https://bit.ly/3ihi7hg) (bit.ly/3ihi7hg)
3. Show families Sock Locks and how to use them.
4. [Genesee Intermediate School District Visual Impairment Blog](https://gisdvi.weebly.com/gisd-vi-blog) (gisdvi.weebly.com/gisd-vi-blog) This blog offers a number of great videos you can use with your child. So much information on a variety of skills.
5. Practice folding towels or clothes:
  - [Sorting and Folding Towels](https://bit.ly/3acTUpX) (bit.ly/3acTUpX) (Time: 4:45)
  - [Folding Clothes](https://bit.ly/2Xzev2s) (bit.ly/2Xzev2s) (Time: 6:13)



## Wrap Up

MDE-LIO ILS Calendars and ILS Guides: Show families the ILS Calendars and ILS Guides so they can incorporate them into their weekly routine and build critical skills.

## ILS Calendars

- [Early Childhood ILS Calendar \[PDF\]](https://bit.ly/3dSHlki) (bit.ly/3dSHlki)
- [Early Childhood ILS Calendar - Large Print \[PDF\]](https://bit.ly/30AM06y) (bit.ly/30AM06y)
- [Elementary ILS Calendar \[PDF\]](https://bit.ly/36G7jnu) (bit.ly/36G7jnu)
- [Elementary ILS Calendar - Large Print \[PDF\]](https://bit.ly/3gAw2ig) (bit.ly/3gAw2ig)
- [Middle School ILS Calendar \[PDF\]](https://bit.ly/2UyGc9Y) (bit.ly/2UyGc9Y)
- [Middle School ILS Calendar - Large Print \[PDF\]](https://bit.ly/2C59VS7) (bit.ly/2C59VS7)
- [High School ILS Calendar \[PDF\]](https://bit.ly/2C5a3B5) (bit.ly/2C5a3B5)
- [High School ILS Calendar - Large Print \[PDF\]](https://bit.ly/2ERwPgE) (bit.ly/2ERwPgE)

## ILS Guides

- [ILS Guide: Preschool \[PDF\]](https://bit.ly/2Dj91IH) (bit.ly/2Dj91IH)
- [ILS Guide: 2nd Grade \[PDF\]](https://bit.ly/2DzHrjH) (bit.ly/2DzHrjH)
- [ILS Guide: 4th Grade \[PDF\]](https://bit.ly/30yVhMo) (bit.ly/30yVhMo)
- [ILS Guide: Elementary School \[PDF\]](https://bit.ly/3kkZRp5) (bit.ly/3kkZRp5)
- [ILS Guide: Middle School \[PDF\]](https://bit.ly/30AGa57) (bit.ly/30AGa57)
- [ILS Guide: 10th Grade \[PDF\]](https://bit.ly/33yeWhp) (bit.ly/33yeWhp)
- [ILS Guide: 12th Grade \[PDF\]](https://bit.ly/3ifucDY) (bit.ly/3ifucDY)