

Distance Learning to Support Students with Significant Intellectual Disabilities

Choice Board for Independent Living Skills

Activities for Independent Living Skills

<p>Prepare a lunch or breakfast for yourself. Start by creating a checklist of items needed for the meal. Then complete meal prep.</p>	<p>Check out recipes online or in a cookbook. Plan a meal.</p> <p><i>Resources: Quick & Easy Recipes, Five-Ingredient Lunches</i></p>	<p>Make a chore list and chore schedule for yourself to be independent in your household.</p> <p><i>Resource: Chore lists</i></p>
<p>Call a friend and discuss a future date for lunch or dinner. Put date on a calendar and send an email invitation or Zoom invite.</p> <p><i>Resource: How to create a zoom meeting</i></p>	<p>Work on a grocery budget for a week with your family. Make a list and write down the cost of food for the week.</p> <p>Want to learn more about making a budget and online banking? Check out the resource below.</p> <p><i>Resource: MyKidsBank.org</i></p>	<p>Write or record the steps of toothbrushing for a younger friend or family member. Create a visual checklist of toothbrushing steps.</p> <p><i>Resource: Brush Your Teeth- Visual Support Checklist</i></p>