

Activities To Do At Home: Practicing the skills we learn at school and at job sites

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Meal Prep/Kitchen Skills

- Using a peeler
- Using a knife to cut fruits/vegetables
- Following a simple recipe for snacks/meals (mini pizzas, grilled cheese sandwiches, quesadillas, macaroni and cheese, baked potatoes)
- Practice using kitchen appliances (toaster, microwave, air fryer, toaster oven, oven, stovetop)
- Using kitchen measuring tools (bake cookies, make pancakes, mix lemonade etc.)
- Filling ice cube trays
- Pouring from large containers
- Mixing ingredients together
- Cracking an egg
- Loading/unloading dishwasher
- Setting the dishwasher



Grocery Shopping

- Create a shopping list
- Locate items in the cart
- Select a cart/basket
- Comparative shopping
- Weighing fruit/vegetables
- Use calculator to add prices for multiple items
- Select a cashier, get in line, and wait patiently
- Place items on conveyor belt
- Greet the cashier
- Determine the next dollar up
- Count currency (single bills, mixed bills, coins)
- Tell the cashier "thank you"
- Take receipt and change
- Read prices
- Use a credit/debit card
- Put groceries away in the correct area (fridge, freezer, pantry etc.)



Mobility Skills

- Walk appropriately on sidewalk
- Don't talk to strangers
- Stop at corners/intersections/driveways
- Cross intersections/driveways
- Stand safe distance from curb
- Cross street using signal
 - Push button to WALK
 - Look both ways
 - Stay within crosswalk
 - Walk quickly, not running
- Look/listen for cars in parking lots
- Don't walk in middle of rows
- Look for reverse tail lights/motor running
- Let cars back out/drive away before walking
- Identify community signs

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Vocational Skills

- Practice appropriate hygiene
- Rolling silverware settings
- Folding napkins
- Setting the table
- Sorting laundry
- Vacuuming
- Soft Skills:
 - Take initiative to do tasks
 - Time management (use alarms, timers etc.)
 - Socialize with co-workers
- Wear work uniform
- Identify bus route(s)
 - Choose correct direction
 - Identify correct stop
 - Identify correct bus departure time
- Wipe tables/counters
- Hang clothing