

Readington Township Public Schools

Life Skills Grades K - 3

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Functional Self-Help/Life Skills
Level: WHS (grades K-3)

Social Skills	Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Trips that reinforce skills learned
	*Joint attention- looks/comes when called *Joint attention- turns/orients towards people *Attending- follows basic 1-2 step auditory directions *Attending- imitates 1-2 step motor tasks *Attending- passes items to peers *Gains attention appropriately *Greetings- waves *Greetings- says hi in response to greetings *Greetings- walks to others to greet *Social play- imitates movement with objects *Social play- imitates peers *Social play- takes 5 consecutive turns *Social play- cleans up appropriately *Social play- shares toys *Social play- plays functionally on playground *Conversations- states wants and needs *Conversations- answers yes/no appropriately *Conversations- waits to be called on *Conversations- answers 5 social questions	1-on-1 instruction - Small Group Instruction - Reinforcement - Cueing - Prompting - Repeated Practice - Modeling - Community based instruction and practice	- Peers - Toys	- Observation with anecdotal records - Data	- In House - Bowling - Parks - RMS Christmas Party - Restaurants

*Friendships- asks peers to play with him/her			
*Friendships- sits with same peer consistently			

Personal Care Skills			
Eating			
Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools
*Drinks appropriately from water fountain	1-on-1 instruction	Utensils (start with plastic work way up)	Observation with anecdotal records
*Uses thumb and first two fingers to appropriately grasp eating utensils	Small Group Instruction	Cups	Teacher created rubrics
*Gets cup and gets drink from faucet	Reinforcement	Packaged snacks and drinks from home	Data
*Uses proper table manners	Cueing	Bread, condiments for spreading	
*Opens plastic wrappers, water bottles, juice boxes	Prompting	Containers	
*Spreads with knife	Repeated Practice		
*Pours from container	Modeling		
*Cleans up after self	Community based instruction and practice		
*Keeps eating area clean			
*Sets table			
Trips that reinforce skills learned			
			McDonald's (Nov)
			WalMart (Dec)
			Friendly's (Feb)
			In House - Life Skills, cafeteria, snack
			Patriots Game (May)
Dressing			
Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools
*Ties shoelaces	1-on-1 instruction	Shoes	Observation with anecdotal records
*Puts on/removes jacket	Small Group Instruction	Jackets	Teacher created rubrics
*Puts on scarf, hat in winter	Reinforcement	Scarf, hat	Data
*Puts on coat	Cueing	Shirt with button(s)	
*Puts on backpack	Prompting		
*Engages zipper	Repeated Practice		
*Unfastens buttons	Modeling		
*Puts on and takes off socks			

*Pulls up pants *Fixes clothing after bathroom Hygiene					
Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Trips that reinforce skills learned	
*Washes hands completely with soap and water *Dries hands completely *Wipes own nose *Brushes/combs hair *Brushes teeth	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Soap, paper towels Tissues Brush/comb Toothbrush/paste Video Models	Observation with anecdotal records Teacher created rubrics Data		
Independent Living Skills					
Personal Information					
Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Trips that reinforce skills learned	
*Gives birthday *Gives street number *Gives street name *Gives city *Gives state *Gives zip code *Gives home phone number *Gives parents' and siblings' names *Gives pets' names if applicable *Tells likes and dislikes	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Computer Writing worksheet Sentence strip with printed information Printed ID Card Telephone	Observation with anecdotal records Teacher created rubrics Data	In house	
Food Preparation					
Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Trips that reinforce skills learned	
*Gathers needed food and equipment	1-on-1 instruction	Measuring cups	Observation with anecdotal records	Target (Oct)	

*Wash hands before handling food	Small Group Instruction	Mixing bowl, spoons, whisk	Teacher created rubrics	Shop Rite (Nov)
*Opens packages, plastic wrappers, and containers	Reinforcement	Access to microwave, school kitchen	Data	Walmart (Dec)
*Measures using labeled measuring cups	Cueing	Adapted recipes		
*Follows simple preparation instructions and recipes	Prompting	Cookbooks & recipe cards		
*Creates shopping list of 2-5 items	Repeated Practice	Cooking to Learn 1 & 2		
*Follows microwave directions	Modeling			
Household Chores				
Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Trips that reinforce skills learned
*Sets table (plate, napkin, fork, knife, spoon, cup)	1-on-1 instruction	Table settings	Observation with anecdotal records	In house
*Sorts silverware		Placemat	Data	
*Clears table	Small Group Instruction	Dishes	Teacher created rubrics	
*Cleans and rinses dirty dishes	Reinforcement	Classroom jobs		
*Hangs clothes (jackets, sweatshirts) on hook	Cueing	Role play/scenarios		
*Puts belongings away purposefully	Prompting	Lunch and snack clean up		
*Finds belongings	Repeated Practice	broom, dustpan		
*Keeps personal area organized	Modeling	Personal checklists/picture schedules		
*Sweeps				
*Sorts clothes				
*Vacuums				
*Folds clothes				
Use of Common Tools & Devices				
Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Trips that reinforce skills learned
*Uses simple items appropriately (hole punch, scissors, pencil sharpener, stapler, paperclips)	1-on-1 instruction	Classroom supplies	Observation with anecdotal records	In house

*Uses common measuring tools in correct context *Uses keyboard to type 1-2 sentences *Answers the telephone appropriately *Appropriately greets caller on the phone *Has purpose when calling someone *Uses technology for entertainment	Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Measuring cups & spoons Telephone Teacher created scripts Keyboard Computer Tablets	Teacher created rubrics Data
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Money Management

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Trips that reinforce skills learned
*Exchanges money in real-life situations *Pays for own meal when eating out *Counts money *Finds the value of a collection of pennies, nickels, dimes, quarters, and dollars *Tells function of money *Matches coins *Identifies coins *Identifies coin values	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Grocery store ads Grocery store Menu Math and Menus Real money & play money Calculator, Coin-u-lator Grocery Store Game IPad	Observation with anecdotal records Teacher created rubrics Data	Target (Oct) McDonald's (Nov) Shop Rite (Nov) Walmart (Dec) Bank

Safety Practices:

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Trips that reinforce skills learned
*Identifies common safety and survival signs (caution, exit, stop, danger, etc) *Reads common safety and survival	1-on-1 instruction Small Group Instruction	Social stories Telephone	Observation with anecdotal records Teacher created rubrics	In House Trip - EMT visit All trips

*Practices caution in and outside of the school building *Looks both ways before entering crosswalk or entering parking lot *Avoids hot surfaces and substances *Remains quiet and orderly in emergency situations *Tells when to place an emergency call *Demonstrates how to place emergency call (role play); states name, location, and reason for call	Reinforcement Cueing Prompting Repeated Practice Modeling	Pictures and words (Caution, poison, danger, keep out, do not enter) Safety Signs Survival word cards	Data	
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Community Access				
Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Trips that reinforce skills learned
*Boards and exits school bus safely *Fastens seatbelt *Finds books in the library *Finds CDs and/or movies at the library *Checks out library materials (school and community) *Prepares a letter for the mail *Puts a letter in the mailbox (school) *Follows written/pictorial grocery list *Locates items in the store (given the aisle and general area)	1-on-1 instruction Modeling Small Group Instruction Reinforcement Cueing Prompting Repeated Practice	Public Library, Post Office Stores Social stories Addresses of friends/relatives Envelopes/stamps Pictorial directions/checklists Visual models	Observation with anecdotal records Data Teacher created rubrics	Library Target (Oct) Shop Rite (Nov) McDonald's (Nov) Walmart (Dec)

Self Advocacy Skills

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Trips that reinforce skills learned
*Demonstrates understanding of personal space *Identifies appropriate touch with friends, family, etc	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Social stories Role play	Observation with anecdotal records Teacher created rubrics Data	In house