

Teaching Life Skills

Life Skills	Is this Important?	Ideas to make it easy
Playing checkers	Yes – but let’s add more types of games	Start with checkers because we play that a lot
Taking a shower	Critical!	Make list to go over before shower – check when he’s done
Taking medication	Critical!	Still keep out of access. I will check the steps are correct
Setting table	Would be so helpful	Start with setting his own space

Priority Routine: Make a Snack

Steps in Routine:	My Kid’s Steps:	4/18	4/19	4/20	4/21	4/22
1. Go to kitchen	✓	☺	☺	☺	☺	☺
2. Get a plate from cupboard	Point to plates	H	H	H	☺	☺
3. Place plate on counter	✓	H	H	H	H	☺
4. Take banana from basket on counter	✓	H	H	☺	☺	☺
5. Place banana on plate	✓	H	☺	☺	☺	☺
6. Get Goldfish out of pantry	✓	H	☺	☺	☺	☺
7. Open Goldfish bag	Say “Open please”	H	H	H	H	H
8.						
9.						
10.						
# of Steps Successful!						