

Readington Township Public Schools

Life Skills Grades 6 – 8

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Functional Self-Help/Life Skills

Level: RMS (grades 6-8)

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Personal Care Skills

Eating

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Cutting with a knife Proper table manners	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Knives (start with plastic and work up to real) Playdoh Foods (Start with soft food like spaghetti and pancakes and work towards harder foods)	Observation with anecdotal records Teacher created rubrics	McDonald's Walmart/Target Friendly's In House - RMS Cafe Patriots Game Ruby Tuesday Kobe

Dressing

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Ties shoelaces Puts on Gloves Engages zipper Fastens buttons	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Shoes Gloves Pants/Jackets Shirts	Observation with anecdotal records Teacher created rubrics	N/A

Hygiene

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Washes and dries face Wipes own nose Brushes/combs hair Uses deodorant Trims/cleans nails	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Wash cloth, soap, towel Tissues Brush/comb Deodorant Nail clippers, file, and brush Videos, books, Smartboard presentations	Observation with anecdotal records Teacher created rubrics	Ruby Tuesday McDonalds Target/Walmart Friendly's p

Independent Living Skills:

Personal Information

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Gives street number Gives street name Gives city, state and zip code Gives home phone number Gives cell phone number if applicable Gives parents' name and phone number	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	N/A p

Food Preparation

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Identifies food served at breakfast, lunch, and dinner Stores food properly Opens packages, plastic wrappers, and containers Rinses fresh fruits or vegetables Follows simple preparation instructions and recipes	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Pictures or actual food to sort Storage containers and bags Refrigerator/Freezer Fruits & vegetables, sink Microwave, stove Cookbooks & recipe cards Cooking to Learn 1 & 2	Observation with anecdotal records Teacher created rubrics	Bagel Shop Sorella's Ruby Tuesday's Bensi's p

Household Chores

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Washes dishes Loads Dishwasher Put dishes away Dusts furniture Cleans fixtures Puts dirty laundry in hamper Washes, dries, and folds laundry Puts clean laundry away	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Cleaning supplies Dishwasher Dishes Rags Duster Laundry basket Washer/Dryer	Observation with anecdotal records Teacher created rubrics	N/A p

Use of Common Tools & Devices

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Uses simple items appropriately (keys and lock, telephone, etc) Uses common measuring tools in correct context Demonstrates how to place an emergency call using a telephone Knows what to say when making an emergency call	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Classroom door/key Lockers, padlocks Measuring cups & spoons Telephone Teacher created script	Observation with anecdotal records Teacher created rubrics	N/A p

Money Management

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Money Management Follows written/pictorial grocery list Locates items in the store Orders own meal when eating out Attempts to count money and check math Finds the value of a collection of pennies, nickels, dimes, quarters, and dollars Uses real money to decide whether there is enough money to make a purchase	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Grocery store ads Grocery store Menu Math and Menus Calculator, Coin-u-lator Real money & play money Grocery Store Game	Observation with anecdotal records Teacher created rubrics	Costco Target/Walmart Shop Rite Bank Ruby Tuesday or similar restaurant McDonald's or similar restaurant

Safety Practices

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Avoids potentially harmful substances Remains quiet and orderly in emergency situations Demonstrates procedures for contacting emergency response team	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Safety In and Around the Home cards Pictures and words (Caution, poison, danger, keep out, do not enter) Survival Signs (PCI)	Observation with anecdotal records Teacher created rubrics	All trips In House Trip - EMT visit In House Trip - State Police Helicopter Visit Fire Station

Community Access

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Carries personal identification when traveling	1-on-1 instruction	Person identification card	Observation with anecdotal records	Library
Finds books in the library	Small Group Instruction	Checklist for preparing to leave	Teacher created rubrics	Post Office
Finds CDs and/or movies at the library	Reinforcement	Attainment Community Success (iPad app)		
Checks out library materials (School and community)	Cueing	Public Library, Post Office		
Prepares a letter for the mail	Prompting	Social stories		
Puts a letter in the mailbox (School)	Repeated Practice	Addresses of friends/relatives		
	Modeling	Envelopes/Stamps		

Vocational Skills

Cafeteria Setup - Lunchboard

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Read a calendar	1-on-1 instruction	Lunch calendar (accessed on computer)	Observation Checklist	N/A
Copy the menu item onto a form	Small Group Instruction	Whiteboard		
Accurately copy menu item on lunchboards	Reinforcement	Whiteboard Markers/Erasers		
File the form in the appropriate place	Cueing	Lunch Form		
Ask adult to check job for accuracy	Prompting	Lunch form binder		
Cafeteria Setup - Countertop	Repeated Practice	Gloves		
Properly put on/remove gloves	Modeling	Spray		
Spray/clean countertop		Picture Model of counter setup		
Using a picture model, match countertop components to the correct place on countertop		Napkins, Forks, Knives, Spoons, Straws		
Restock napkins and utensils appropriately (use picture model if necessary)				

Breakfast Cart

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Follow checklist to make coffee Follow checklist to setup cart Count Money and setup registers Setup bags Make trail mix Call for baked good orders Bag/sort bagels Prepare bagel orders Cook/assemble sandwich preorders Deliver preorders	1-on-1 instruction Small Group Instruction Reinforcement Cueing Prompting Repeated Practice Modeling	Lunch calendar (accessed on computer) Whiteboard Whiteboard Markers/Erasers Lunch Form Lunch form binder Gloves Spray Picture Model of counter setup Napkins, Forks, Knives, Spoons, Straws	Observation Checklist	N/A

Photocopying

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Check basket for photocopying job Locate a working copier Setup copier (2-sided copies, output, # of copies) Deliver copies	Modeling Reinforcement Cueing Prompting Repeated Practice	Materials to be copied Photocopier Paper clips Hole Puncher	Observation Checklist	

Mail

Indicators	Instructional Strategies	Possible Materials and Resources	Possible Assessment Tools	Possible Community Based Instruction Trips
Get mail bin from main office Locate the last name on each piece of mail Distribute mail to appropriate mailboxes Return mail bin to the front office Email the secretary to indicate the job has been completed	Modeling Reinforcement Cueing Prompting Repeated Practice	Mail Bin Mail	Observation Checklist	