

# JANUARY

## MONDAY

Tell someone your clothing size.

## TUESDAY

Loop belt through belt loops.

## WEDNESDAY

Help put away the holiday decorations.

## THURSDAY

Return something to a store.

## FRIDAY

Send a thank you card to someone.

Help shovel the snow.

Floss your teeth.

Use a hair dryer.

Trim your fingernails.

Use a knife to cut something you eat.

Clean your room.

Order food at a fast food restaurant.

Buy a drink from a vending machine.

Wipe off the bathroom counter.

Sweep the floor.

Go to the post office and buy stamps.

Pour your own drink.

Open and close a variety of containers.

Read a menu and make a selection.

Actively participate in cooking with an adult.

## INSTRUCTIONS

Choose at least three activities each week for your child to do as homework.

Check the square when an activity has been completed.

Please sign and return this sheet to the teacher at the end of the month.

Elementary | Lynn Pensari | 2019

PARENT SIGNATURE: \_\_\_\_\_

# FEBRUARY

## MONDAY

Use a can opener to open a can.

## TUESDAY

Put your clean clothes away in your drawer.

## WEDNESDAY

Set the table.

## THURSDAY

Wash and dry the dishes.

## FRIDAY

Vacuum the floor.

Make a valentine for someone you love.

Pack a suitcase and go somewhere overnight.

Make valentine-themed cookies.

Help make a grocery list.

Remake a bed that has been stripped.

Mop the floor.

Dust/polish the furniture.

Change a light bulb.

Fold or hang up clean clothes.

Label/mark personal items.

Identify what exit to take in the event of an emergency.

Tell what day of the week activities occur.

State where extended family live.

Practice dialogue when calling 911.

Demonstrate good posture.

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# MARCH

## MONDAY

Clean the kitchen counter.

## TUESDAY

Sort the laundry to be washed.

## WEDNESDAY

Make yourself a snack.

## THURSDAY

Water the plants.

## FRIDAY

Use a scale to determine your weight.

Discuss ways to deal with bullying.

Ask for directions.

Independently choose clothing.

Clean own eyeglasses without prompting.

Brush and floss teeth.

Put on a Band-Aid.

Identify salt and pepper shakers.

Check for food spills on self.

Name major cross streets near home.

Safely plug and unplug small appliances.

Pack your own lunch.

Discuss healthy and non-healthy food choices.

Use a key to open a lock.

Use a broom and dust pan to sweep the floor.

Go to McDonalds and ask for the braille or picture menu.

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# APRIL

## MONDAY

Put stamps on letters or bills.

## TUESDAY

Help take out the trash.

## WEDNESDAY

Make a sandwich.

## THURSDAY

Give food and water to your pet.

## FRIDAY

Set the table for dinner.

Change the toilet paper rolls.

Clear off the table after dinner.

Compare a debit card, credit card and gift card.

Put the groceries away after going to the store.

Use a screwdriver.

Use an iron with help.

Identify different sirens and know what to do when they sound.

Order your own food at a restaurant.

Set and use an alarm clock.

Give the exact amount for a purchase.

Identify the kinds of stores that sell certain items.

Use a gift card or certificate to make a purchase.

Discuss substances that can be harmful to your body.

Discuss fire safety procedures.

Ask for assistance in school when needed.

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# MAY

## MONDAY

Put the silverware away.

## TUESDAY

Fold the laundry and put away.

## WEDNESDAY

Mop the floor.

## THURSDAY

Give your dog a bath.

## FRIDAY

Pour your own drink.

Answer the phone and take a message.

Make microwave popcorn.

Set the table for dinner.

Clean your room.

Help wash the car.

Help plant flowers.

Water the flowers or plants.

Help cook dinner.

Identify street names on commonly traveled routes.

Wash, dry, and put away dishes.

Make your bed.

Take a bath or shower without help.

Use a vending machine to get a snack.

Use small appliances to make a snack.

Check to make sure dishes are clean before putting away.

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# SEPTEMBER

## MONDAY

Hang your towel on the towel rack.

## TUESDAY

Put your snack in a sandwich bag and close it.

## WEDNESDAY

Put your clean clothes away.

## THURSDAY

Open the milk carton. Pour yourself a glass of milk.

## FRIDAY

Sort the laundry.

Clean your room.

Use a knife to cut your food.

Put on sunscreen.

Set the table.

Clean out your closet.

Vacuum the floor.

Go shopping for new school clothes.

Clean the lint tray in the dryer.

Pick up after yourself.

Make your bed.

Spread peanut butter or jelly on crackers.

Mop the floor.

Organize your clothes drawers.

Wipe down the kitchen table after dinner.

Keep your desk or locker organized.

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# OCTOBER

## MONDAY

Dust the furniture.

## TUESDAY

Make toast. Spread butter or jelly on top

## WEDNESDAY

Vacuum the floor.

## THURSDAY

Put on sunscreen.

## FRIDAY

Clean your bathroom.

Wash the lettuce for a salad.

Wash off the table after dinner.

Identify if an article of clothing needs repair.

Identify a stain and add stain remover.

Cut vegetables for dinner.

Help make breakfast for Mother's Day.

Make a telephone directory of important numbers.

Clean your room.

Discuss medication and vitamin safety.

Use a watch on a daily basis.

Lace and tie your shoes.

Water the flowers or plants.

Demonstrate how to use items in a first aid kit.

Determine if you have enough money to make a purchase.

Wash the windows.

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# NOVEMBER

## MONDAY

Use an apple slicer or peeler.

## TUESDAY

Make hot chocolate.

## WEDNESDAY

Load the dishwasher and turn it on.

## THURSDAY

Clear the table after dinner.

## FRIDAY

Use the oven to bake something.

Make your bed.

Hang up your clean laundry.

Use condiments from a variety of containers.

Identify emergency personnel who may be helpful.

Use the microwave to make a snack.

Make a grilled cheese and soup.

Use a cell phone to make a call.

Sweep the floor.

Help make a pumpkin pie.

Clean your outer ear with a cotton swab.

Cut your fingernails.

Clean your room.

Discuss substances that are harmful to your body.

Plan a meal and make a grocery list of needed supplies.

Plan for being separated from your parents in the community.

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# DECEMBER

## MONDAY

Answer the phone and take a message.

## TUESDAY

Brush your teeth and use dental floss.

## WEDNESDAY

Make your bed after the sheets have been washed.

## THURSDAY

Call for take-out food with help.

## FRIDAY

Pick out a gift for someone special. Pay for it.

Tell a waitress what you want to eat and drink.

Invite a friend over to spend the night.

Use an alarm clock to wake up in the morning.

Make holiday cookies.

Use a monocular in the community to read a sign.

Go to the mall. Use the mall map to find your favorite store.

Clean your room.

Go to a fast food restaurant. Get a drink from the drink dispenser.

Make a snack for yourself.

Make a purchase and count your change.

Make a salad.

Pour your own drink.

Estimate the total amount of your purchases.

Explain what constitutes an emergency.

Keep your backpack organized.

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