

Embedding IEP Goal Work in Home Routines and Activities

Provided by Michelle Lockwood, Director of Positive Behavior Support Services, NJCIE

This is a resource document for teachers, child study team members and/or related service providers to use with families to help create individualized daily/weekly lessons for students with disabilities. To develop an IEP Goal/Skill Matrix for embedding IEP goals within daily classroom activities, start by thinking about each activity throughout your day (i.e., large group instruction, partner work, circle time, transitions, etc.). List the IEP goals/objectives you want to embed. You may want to use a matrix (see examples provided) by listing the IEP goals/objectives on the side of the paper and the times/activities at the top. Next identify the best 3 activities for embedding each IEP goal/objective. Decide if each chosen activity has what you need or if you will need to add materials. Plan accordingly.

To develop an IEP Goal/Skill Matrix for Home Routines, the teacher and parent should begin by reviewing routines and tasks that the family engaged in regularly. These activities can be the basis in which a variety of the student's IEP goal may be addressed. After identifying what the family does regular as part of their daily activities, then the staff members and parent/guardian would work together to select activities in which IEP goals may be generalized that will help meet the needs of an individual student. Addressing goals in this manner can help support their generalization across a variety of tasks, settings and environments.

When possible, teachers, related services providers and/or CST should attempt to provide the parent with resources for a task, both virtual and those that do not require that the child have access to technology (examples of these with links to more follow).

Additional Resources for Embedding at School:

- Video: <https://www.youtube.com/watch?v=Vy46N5cZLwY&t=6s>

Additional Resources for Embedding at Home:

- For additional ideas about typical home activities in which academic goals may be embedded, see:
 - <http://www.activelearningspace.org/>
 - [Kitchen Classics—https://activelearningspace.us13.list-manage.com/track/click?u=67745b1000842aa001fcdfe07&id=81e0ff99f3&e=c29b81fb66](https://activelearningspace.us13.list-manage.com/track/click?u=67745b1000842aa001fcdfe07&id=81e0ff99f3&e=c29b81fb66)
 - [Bathroom Activities--https://activelearningspace.us13.list-manage.com/track/click?u=67745b1000842aa001fcdfe07&id=c8e15782f6&e=c29b81fb66](https://activelearningspace.us13.list-manage.com/track/click?u=67745b1000842aa001fcdfe07&id=c8e15782f6&e=c29b81fb66)
 - [Outdoor Activities--https://activelearningspace.us13.list-manage.com/track/click?u=67745b1000842aa001fcdfe07&id=3d156169ba&e=c29b81fb66](https://activelearningspace.us13.list-manage.com/track/click?u=67745b1000842aa001fcdfe07&id=3d156169ba&e=c29b81fb66)
 - [In the Shed or Workshop--https://www.activelearningspace.org/families/home-hacks/in-the-shed-or-workshop](https://www.activelearningspace.org/families/home-hacks/in-the-shed-or-workshop)
 - [Family Room Activities--https://activelearningspace.us13.list-manage.com/track/click?u=67745b1000842aa001fcdfe07&id=d881271c68&e=c29b81fb66](https://activelearningspace.us13.list-manage.com/track/click?u=67745b1000842aa001fcdfe07&id=d881271c68&e=c29b81fb66)

Example Home Routines/Activities Inquiry Sheet

<i>Examples Routine/Activity</i>	<i>What Does It "Look Like"?</i>	<i>Possible Goals/Skills to Embed in Routine/Activity</i>
Morning Routine (include bathroom, wash hands, brush teeth, get dressed)		
Breakfast (include table setting and other chores child may assist with)		
Leisure Activities-- <i>Indoor</i>		
Lunch (include meal prep, table setting, other chores child may assist with)		
Leisure Activities-- <i>Outdoor</i>		
Family Time		
Dinner Time (include preparation, table setting, other chores child may assist with)		
Bath/Shower Time		
Bed Time		

Example Goal-Home Routine/Activity Matrix:

Student's IEP Goals		Breakfast Time	Morning Routine <i>(dressing, hygiene, etc.)</i>	Movement Break	Lunch Time	Afternoon Fresh Air	Chores/ Clean Up Time	Dinner Time	Family Time	Getting Ready for Bed
1	Count with 1:1 correspondence	Count out 4 napkins and place on the table for breakfast		Do 10 jumping jacks and 10 wall push ups			Get 5 pairs of clean socks from laundry basket, put in drawer			
2	Follow a written sequence of directions		Follow visual steps to complete morning routine		Use a recipe to help make lunch					Follow visual steps to get ready for bed
3	Use descriptive words in a sentence					Describe what you see while on a walk outside			Write an email to a friend describing something you did	
4	Tell time				Identify what time lunch is					
5	Compute using money values						Use coupons to help make grocery list	Help calculate cost for takeout food		
6	Write complete sentences (subject-verb) consistent with directions								Write a review of a favorite cartoon, TV show or movie	

Creating the Schedule:

Learning At Home Example Schedule

8 AM	Breakfast: <ul style="list-style-type: none">• Discuss plans/schedule and set expectations for the morning.• Make bed• Get learning materials ready and organized –books, pencil, papers, crayons, scissors, glue
9 AM	Reading: 10-15 minutes –Chose a library book or take-home reader to read to a stuffed animal. Writing: 10-15 minutes -Write a letter to someone in your family or to someone in a care facility. Tell them about what you did yesterday or about what you read to your stuffed animal.
10 AM	Math: 10-20 minutes –Worksheet or activity Math: 10-20 minutes -Math Game Writing: 5 minutes –Write about what you learned playing the math game or completing the math activity.
11 AM	Free Choice Time: <ul style="list-style-type: none">• Science experiment• LEGO Challenge, Audible Gym Time: Outside play, Kids Yoga, GoNoodle
12 PM	Lunch: <ul style="list-style-type: none">• Discuss what has happened during the morning.• Discuss afternoon plans and set expectations.
1 PM	Craft/Art Activity: coloring, drawing, creating, Lunch Doodles <ul style="list-style-type: none">• Draw a small shape (rectangle, square, triangle, circle) somewhere on your paper. Use that shape in a larger picture that covers your entire page. Ex: A circle could be a balloon, an eye• Draw a picture of you and a friend -playing in a pool, playing a game, playing at school, etc.
2 PM	Free Choice Time: <ul style="list-style-type: none">• Science experiment/project• LEGO Challenge Gym Time: Outside play, Kids Yoga, GoNoodle Social Skill Work: FaceTime grandparents
3 PM	Snack time
4 PM	Daily Chores: Inside and outside the house <ul style="list-style-type: none">• Clean and straighten your room• Organize learning materials –throw away what is not needed, put away supplies.• Pull weeds, empty trash, set the table, feed and water pets
5 PM	Gym time: Outside play, Kids Yoga, GoNoodle OR Electronic Time
6-8:30 PM	Dinner Family Activities: Movie, craft, game, puzzle, read together, discuss the day -what made you smile today?

Examples of Activities with Targeted Goals/Skills for Students with Complex Disabilities and Support Needs

Example Activities for Grades K-3 12 Students with Complex Needs					
Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
Morning	Hand Washing	Life skills, math	Sequencing, following directions, health and safety	Hand Washing video modeling	Hand washing sequence strip visual support Hand Washing sample data sheet
	Breakfast	Life skills, math, reading, receptive and expressive communication	Sequencing, measuring, reading a recipe, reciprocal communication, following verbal directions, etc.	Cereal for breakfast video modeling Making toast video modeling Table manners animated video Table manners realistic video	Prepare Breakfast Together a variety of recipes including visual supports. Table manners Visual cues including non-examples
	Getting Dressed	Life skills	Sequencing, requesting, weather-appropriate choices, attributes (long sleeve vs. short sleeve), color, fasteners	Dress for the weather interactive game Dress for the weather video	Getting dressed choice board Getting dressed picture schedule
	Sorting	Math, life skills	Discrimination, sequencing, making requests, attributes	Color sort interactive game Sorting socks video modeling Color sorting video	Sorting items allows a student to develop discrimination and fine motor skills (depending on the level of the student, activity may need to start with placing one type of item in a container) Make a sorting mat for the desired activity (placing mat in a page protector will increase its durability).
	Calendar	Math, life skills, reading, writing, communication	Counting, patterns, weather, days of the week, months of the year	Let's make a calendar interactive game	Calendar journal example (This activity could be modified to meet the needs and instructional level of the individual student.)
	Share a story	Literacy	Reading aloud, either hard-copy or electronic stories, helps students develop early literacy skills, social skills, and life skills.	Parts of book video Take time to discuss parts of the book when appropriate. Storyline Online	Concepts of Print teach parts of a book: cover, back, spine... Reading left to right Reading from top to bottom

				stories read aloud	Books with visual symbols imbedded in text
	Movement Break	Physical education	Gross motor movement (Choose activities to fit the needs and ability of the child.)	Yoga video #1 Yoga video #2	Obstacle Course resource for how to construct at home obstacle course. Gross Motor Activity choice board
	Writing	Reading, writing, life skills	Making lists, writing invitations, signing name, writing letters to family and friends	I Spy Alphabet interactive game Pre-writing interactive games	Pre-writing practice sheets can be used for writing or cutting. For reusable sheets, place them in a page protector and write with dry erase markers. Write letters to friends/relatives, take writing outside with sidewalk chalk or a bucket of water and paintbrush.
	Scavenger Hunt	Reading, writing, math, communication, physical education	Vocabulary, visual discrimination, measurement, parts of speech	Scavenger Hunt Song video	Home Scavenger Hunts can be designed for indoors or out. They can be individualized for the student's specific needs and environment. Example scavenger hunt form. This activity and form could be modified to meet the needs and instructional level of the individual student.
Afternoon	Lunch	Math, reading, life skills, communication	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	Making a pizza video All about measuring video	The Measured Mom activity allows students to measure different quantities. (Using two bins and rice makes this activity long lasting.)
	Let's write about it	Writing, literacy, communication	Create a story using apps and graphic organizers. Narrate a story to discuss characters, setting, events, and details of a story.	Story Maker interactive writing tool Story Prompt Generator interactive way to generate story ideas	Graphic Organizers allow students to collect their thoughts before putting them together into a sentence or story. Modify this activity to best meet the individual needs of the student
	Story time	Reading	Read aloud or independent reading of electronic stories helps students develop early literacy skills.	Tarheel Reader provides opportunities for assisted and independent reading. On-line books read aloud with signing	DLM guidance document to assist with the Tarheel Readers Select books by topic, ask guided questions using storyboard for students with limited oral communication skills. Example of a story with symbols for students with limited communication

	Movement Break	Gross motor, science, physical education	Movement, exercise	Head, Shoulders, Knees and Toes dance video Hokey Pokey video	Taking a movement break allows the student to reset her brain. Try dancing to a favorite song or playing outside.
	Fine Motor Movement	Fine motor	Manipulate small objects to complete a task, hand-eye coordination.	PBS Kids , ABCya , Starfall all contain interactive games that will allow a student to practice his fine motor skills.	TheraKids provides ideas for fine motor activities within the home environment. Provide families with a list of selected activities that best meet the needs of the student.
	Feelings and Emotions	Social emotional	Explore various feelings and emotions through games, songs, movement, and additional activities.	Identifying feelings interactive game (no sounds); The Feelings Song video	Feelings directions for the game Cards in pdf for playing the game Feelings story simple to read feelings book
Evening	Dinner	Cognition, life skills	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	Food facts animated video Setting the table video modeling	Set Table for Dinner visual sequence chart Printable Table Setting Placemats are a great way to provide a visual to assist a student with this task.
	Field Trip Time	Cognition	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With Virtual Field Trips students can explore the world from zoos to art museums. Provide a scavenger hunt to guide the trip.	Nature Walk journal provides opportunity for students to engage in conversation about what they see. This is example and should be individualized. Sensory Adventure: Outside Exploration ideas on how to build guiding questions into a nature walk
	Take a Walk	Language, physical education	Expressive and receptive communication, direction (left/right), attributes (big/small)		Take dog for an evening walk. Get exercise and play a game of I Spy .
	Brushing Teeth	Fine motor, life skills	Sequencing, health and safety, following directions	Tooth brushing video modeling	Tooth brushing visual schedule
	Process the Day	Cognition, social emotional, language arts	Creative writing, expressive language, process feelings, communication		Taking time to reflect on the day will help the student learn to reflect. Social Story/feelings and this Daily Journal are tools to help students reflect on the day.

Example Activities for Grades 4-8 Students with Complex Needs

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
Morning	Hand Washing	Physical education, health	Sequencing, following directions, health and safety	Hand Washing video modeling	Hand washing sequence strip simple visual support Hand Washing advanced steps with visuals Hand Washing data sheet sample
	Breakfast	Math, English language arts, life skills, transition skills	Sequencing, measuring, reading recipe, reciprocal communication, following verbal directions, etc.	Making oatmeal video modeling	Making oatmeal visual recipe Making oatmeal visual recipe (multiple options; free to download)
	Hygiene	Science, physical education and health, life skills, transition skills	Sequencing, following directions, healthy and safety	The Importance of Good Hygiene video lesson	Using the restroom visual support Brushing teeth visual support Getting Dressed choice board
	Sorting	Math, life skills	Sorting laundry allows a student to develop discrimination skills (Depending on level of the student, the activity may need to start with placing one type of item in the basket.)	Sorting Laundry video modeling Sorting utensils video modeling Sorting pictures interactive game (requires free account) Sorting by size interactive game	Sorting can be an activity completed at home guided by the individual needs of the student. Sorting coins, laundry, letters, colors, and mail are all functional ways that sorting can be incorporated throughout the day. Make a sorting mat for the desired activity
	Share a Story	English language arts	Reading aloud and reading together, either hard-copy or electronic stories, helps students develop literacy skills, social skills, and life skills.	Parts of Book video discussing parts of the book Storyline Online stories read aloud Just Books stories read aloud	Concepts of Print teach parts of a book: cover, back, spine, reading left to right, and reading from top to bottom. Books with visual symbols imbedded in text

	Movement Break	Physical education and health	Gross motor movement (choose activities to fit the needs of the child)	Adaptive yoga video for kids Exercise video for kids Sitting exercise video animated	Obstacle course ideas with examples of visual supports
	Scavenger Hunt	Math, English language arts	Vocabulary, visual discrimination, measurement, parts of speech	Hidden Picture Game interactive game	When developing a scavenger hunt, think about the area of need you would like to target; also think about the related skills that will be important for the activity. Does the student need to develop expressive communication, does she need to work on “wh” questions, or attributes... the possibilities are endless. Scavenger Hunt ideas for home Neighborhood scavenger hunt template Color scavenger hunt template
Afternoon	Lunch	Math, English language arts	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	Measuring for cooking video Measuring liquids video modeling Making a PB&J video modeling Making grilled cheese video	Prepare Lunch Together and Look n’ Cook are examples of cookbooks with visual recipes. Find a recipe specific to your student's needs and develop a lesson around that activity. Consider measuring, fractions, counting, and nutrition as instructional areas to target.
	Literacy	English language arts	Create and narrate a story to discuss characters, setting, events, and details of a story.	Video for adults on how to lead this discussion.	Picture Story Cubes provide a fun way for students to get motivated about writing a story. Remember to use symbols the student is familiar with. Story map - sequencing of events Story map - parts of the story
	Movement Break	Physical education and health	Movement, exercise	GoNoddle: Jump, Squat, Turn Around (Following Directions) GoNoddle: A-Moose-Ta-Cha (Following Directions)	Provide an opportunity to play a game. Simon says, hide and seek, red light/ green light are all great ideas to get movement in while working on following single and multi-step directions. Make this type of visual board so students w/limited communication can participate fully.

	Literacy	English language arts	Read aloud or independent reading of electronic stories helps students develop early literacy skills	Tarheel Reader provides opportunities for assisted and independent reading. On-line books read aloud with signing	guidance document assists with the Tarheel Readers. Select books by topic, and ask guided questions using storyboard for students with limited oral communication skills. This is only an example of a storyboard. This is an example of a story with symbols for students with limited or no consistent mode of communication.
	Fine Motor Movement	Computer science	Manipulate small objects to complete a task, hand-eye coordination, and typing	Activities for engagement: ABCya 4th gr; ABCya 5th gr; ABCya 6th gr & up Learn to Type modeling and practicing typing	TheraKids and Learning4Kids both provide ideas for fine motor activities within home environment. Provide families with a list of selected activities that best meet needs of the student. This article provides examples of fine and gross motor activities in the home environment specifically for older students.
	Feelings and Emotions	Behavioral skills, social/emotional skills, life skills	Behavioral, communication	The Feelings Game interactive game to identify face expressions Identifying emotions in others interactive video Explaining feelings video	Using Emotion Faces or Anger Management Skills visual cards could help students to communicate their feelings. Remember that students must first understand what the visual means before they can use it. Small Talk Discussion Cards provide discussion prompts to get students talking about feelings.
Evening	Preparing Dinner	Life skills, transition skills	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	Setting the Table video guide	Set Table for Dinner visual task list Table setting cue card
	Field Trip Time	Math, English language arts, science, history	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With Virtual Field Trips students can explore the world, from zoos to art museums. Provide a scavenger hunt to guide the trip.	Go on a nature walk and look for animals native to your state.

	Take a Walk	English language arts	Expressive and receptive communication, directionality (left/right), attributes (big/small),	Hidden Pictures Digital Play ; Highlights Kids Hidden Pictures interactive game	Take dog for a walk. Get exercise and play a game of I Spy . Sensory Adventure: Outside Exploration ideas on how to build guiding questions into a nature walk.
	Brushing Teeth	Physical education and health	Following verbal (Video Modeling) and/or visual (Visual Task List) directions to complete a given task. Sequencing, health, safety.	Video Modeling step-by-step modeling of how to brush your teeth	Visual Task List basic visual steps to brush your teeth Visual task list complex steps to brushing your teeth Step-by-step guide to brushing your teeth
	Process the Day	English language arts, behavioral skills	Reciprocal communication, answering what/who questions, providing information with supporting details	Visual Dictionary interactive tool to assist with writing and word finding	Taking time to reflect on the day will help the student learn to reflect. This Social Story/feelings and this Daily Journal are both tools to help students reflect on the day. Talk with the student about her day. Create an individualized storyboard (example) to facilitate this conversation using some of these guiding questions .

Examples of Activities for Grades 9-12 Students with Complex Needs

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
Morning	Hand Washing	Math, reading, life skills, science	Sequencing, following directions, health and safety	Video Modeling Hand Washing instructional video on how to wash hands	Hand Washing Data Sheet Data tracking chart for hand-washing procedures Hand Washing steps with Visuals picture sequencing of hand-washing procedures
	Preparing Breakfast	Math, English language arts, life skills, transition skills	Sequencing, measuring, reading recipe, reciprocal communication, following verbal directions, etc.	Cooking Waffles video modeling	Waffle recipe visual recipe (multiple options, free to download) Visual recipe for pancakes visual recipe Communication board example for students with limited communication.
	Getting Dressed	Math, reading, life skills, science	Sequencing, requesting, weather-appropriate choices, attributes (long sleeve vs. short sleeve), color, fasteners	Dressing Weather Appropriately interactive game with scenarios	Getting Dressed choice board Skills that could be addressed during this time: dressing for the weather, temperature, dressing for the activity, left/right, inside/outside, etc. Individualize this activity to meet the needs of the student and the home environment.
	Sorting	Math, life skills	Sorting household items allows a student to develop discrimination skills (Depending on the level of the student, the activity may need to start with placing one type of item in a container.)	Seasons Suitcase Sort , Sorting Waste and Break the Bank are all interactive sorting games Sorting coins video modeling	Sorting items allows a student to develop discrimination and fine motor skills (depending on the level of the student, activity may need to start with placing one type of item in a container) Benefits of functional activities is an article explaining life skills.
	Reading Time	All	Reading aloud, either hard-copy or electronic stories, helps students develop early literacy skills, social skills, and life skills.	Tarheel Reader provides opportunities for assisted and independent reading. On-line books read aloud with available signing.	DLM guidance document assists with the Tarheel Readers Books with visual symbol text provide an opportunity for students with limited communication to share in the reading. Select books by topic, and ask guided questions using storyboard for students with limited oral communication skills. This is only an example of a storyboard.










					This is an example of a story with symbols for students with limited communication.
	Movement Break	Physical education	Gross motor movement (choose activities to fit the needs of the student)	WheelChair Yoga interactive video Exercise Part 1 and Exercise Part 2 videos designed for teens/ young adults with disabilities.	Activity Choice Board provides the opportunity for increased communication and choice for students.
	Scavenger Hunt	All	Sorting colors, vocabulary, visual discrimination	Design a scavenger hunt where students take pictures of the items they find, place them in a google doc and submit it to you (Directions to Flippity).	Create a scavenger hunt for your students using google forms; here's how! Riddle scavenger hunt #1 and Riddle Scavenger Hunt #2 are examples of scavenger hunts that can be modified to meet the needs of the student.
Afternoon	Preparing Lunch	Math, reading, science	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	Balanced Meals Video educational video Food Nutrition interactive game Making a PB&J video modeling	Take this Grocery Store Bingo to the store or <i>shop</i> virtually; either way, this is an activity that builds functional academics. Remember to consider the communication needs of the student; need communication board to accompany this activity-- Meal time communication board example for students with limited communication.
	Writing Time	Writing, literacy, language	Create a story using apps. Narrate a story to discuss characters, setting, events, and details of a story.	Story Maker interactive writing tool Story Prompt Generator interactive game to help develop story ideas	Develop writing activities based on the needs of the students. If engagement is a need, use Story Prompts to motivate the student. If the student is writing simple sentences, use Sentence Stretching to increase complexity. If the student is ready for a paragraph, build the activity using the paragraph Graphic Organizer . Remember to allow for student to <i>write</i> using mode beneficial for them (scribe, voice recording, communication board, drawing, type, etc.)
	Movement	Gross motor,	Movement, exercise	Move and freeze	Have a dance party movement break, try

	Break	science		interactive video	Rollin' the Moves
	Fine Motor Movement	Physical education	Manipulate small objects to complete a task and build hand-eye coordination	Activities located on these links technology engagement in an educational environment. Fine Motor Technology Brain Break interactive games	TheraKids and Learning4Kids both provide ideas for fine motor activities within the home environment. Provide families with a list of selected activities that best meet the needs of the student. This article provides examples of fine and gross motor activities in the home environment specifically for older students.
	Feelings and Emotions	Social skills, life skills, health and safety	Functional life skills, emotional regulation, social skills, communication, behavior	Robbie the Robot interactive game The Feelings Game interactive game identifying facial expressions Emotions Video animated video modeling scenarios	Emotions Choice Board , Emotion cards , and Emotions Check-in are all tools that could be used to support the student in learning and expressing emotions. It is oftentimes easier for students to recognize emotions in others before they are able to identify them internally.
Evening	Preparing Dinner	Math, reading, science	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	Washing Dishes video modeling of washing dishes by hand Washing Dishes with Dishwasher video modeling of loading a dishwasher	Prepare Lunch Together and Look n' Cook are examples of cookbooks with visual recipes. Find a recipe specific to your student's needs and develop a lesson around that activity. Consider measuring, fractions, counting, and nutrition as instructional areas to target. Skills that can be reinforced around dinner time: washing dishes (visual task list), setting the table (visual task list), or cleaning up after the meal are all areas to think about incorporating into activities.
	Field Trip Time	All	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With Virtual Field Trips students can explore the world. Provide a scavenger hunt to guide the trip.	How to plan a virtual field trip? Think about guided activities for the virtual field trips; these activities can be connected to the student's post-secondary goals--develop a lesson around virtual job shadowing.

	Take a walk	Physical education	Expressive and receptive communication, directionality (left/right), attributes (big/small)	Hidden Pictures Digital Play interactive game Highlights Kids Hidden Pictures interactive I Spy Shapes animated interactive game	Get some exercise, take a walk and play a game of I Spy or go on a nature walk scavenger hunt ideas on how to build guiding questions into a nature walk. Remember, communication is key. Does the student need a communication board for this activity?
	Brushing Teeth	Physical education and health	Following verbal (Video Modeling) and/or visual (Visual Task List) directions to complete a given task. Sequencing, health, safety.	Video Modeling video modeling	Visual Task List basic visual steps to brush your teeth Visual task list - complex steps to brushing your teeth
	Process the Day	Reading, writing, functional skills, life skills, social emotional skills	Reciprocal communication, answering what/who questions, providing information with supporting details	Visual Dictionary interactive tool to assist with writing and word finding.	<p>Taking time to reflect on the day will help the student learn to reflect.</p> <p>This Social Story/feelings story and daily journal are both tools to help students reflect on the day.</p> <p>Talk with the student about her day. Create an individualized storyboard (example) to facilitate this conversation using some of these guiding questions.</p>

Collecting Data:












Self-Monitoring Sheet Example

Student's Name:			
Date:			
Today we read a story! This is what we read:	 I liked it!	 I didn't like it	 I am not sure
Today I answered questions about the story.	 I did it myself!	 I did it with help!	
Today I did math problems.	 I did it myself!	 I did it with help!	
Today I helped at home! Here is what I did:	 I did it myself!	 I did it with help!	
Parent/Guardian Signature:			
Additional Comments:			

My Self-Monitoring Sheet

Student's Name: _____

Date: _____

1.	 I liked it!	 I didn't like it	 I am not sure
2.	 I did it myself!	 I did it with help!	
3.	 I did it myself!	 I did it with help!	
4.	 I did it myself!	 I did it with help!	
5.	 I did it myself!	 I did it with help!	

Parent/Guardian Signature: _____

Additional Comments: _____

Homework Choice Board Example

Date completed _____ Initials _____ Sweep the floor	Date completed _____ Initials _____ Spell first name	Date completed _____ Initials _____ Spell last name	Date completed _____ Initials _____ Move the laundry from washer to the dryer	Date completed _____ Initials _____ Use a piece of silverware when you eat
Date completed _____ Initials _____ Set the table	Date completed _____ Initials _____ Do activity for 5 minutes of your choice	Date completed _____ Initials _____ Have a conversation with a friend/family member	Date completed _____ Initials _____ Play a game	Date completed _____ Initials _____ Read a book (have a book read)
Date completed _____ Initials _____ Find 5 numbers written around your house/community	Date completed _____ Initials _____ Find 5 things that are red, blue, green, etc.	Date completed _____ Initials _____ Lift something that is 3lbs at least 5 times	Date completed _____ Initials _____ Draw a picture using at least 4 different colors	Date completed _____ Initials _____ Put shoes on
Date completed _____ Initials _____ Jump up & down 20 times	Date completed _____ Initials _____ Load the dishwasher	Date completed _____ Initials _____ Identify shapes	Date completed _____ Initials _____ Help fold laundry and put items away	Date completed _____ Initials _____ Help make a snack / meal
Date completed _____ Initials _____ String beads, match & fold socks	Date completed _____ Initials _____ Watch a show with animals and discuss animals	Date completed _____ Initials _____ Make a pattern with objects at home	Date completed _____ Initials _____ Clean off the table after a meal	Date completed _____ Initials _____ Brush your teeth