

DAILY LIVING SKILLS NECESSARY FOR YOUTH WITH SPECIAL NEEDS

Contents

Classroom Instructions, 5

Safety

Personal Identification, 7
Telephone Numbers, 9
Address, 13
Identifying Procedures If Lost, 15
Household Hazards/Dangers, 17
Common Dangers, 19
Basic Pedestrian Safety Signs and Procedures, 21
Strangers, 27
Poison, 29
Identifying Prescription Bottles, Aspirin,
and Over-the-Counter Drugs, 31

Calendar

Classroom Routine, 33
Days of the Week, 37
Months of the Year, 41

Self-Concept

Basic Emotions, 43
Personality Traits, 45
Accepting Praise, 51

Parts of the Body

Nose, Eyes, Ears, Mouth, Cheek, Etc., 53
Five Senses, 61

Grooming

Brushing Teeth, 71
Washing Hands, 75
Washing Face, 77

Clothing Care

Distinguishing Between Clean and Dirty Clothes, 79
Sorting Light, Dark, and White Clothing, 81
Hand-Washing Clothing, 83
Hanging Garments on Hangers, 85
Identifying and Caring for Clothing, 87
Laundry Products, 89

Dressing

Articles of Clothing, 91
Identifying Front and Back of Clothing, 93
Zipping and Unzipping Clothing, 97
Buttoning and Unbuttoning Clothing, 99
Clothing for Different Occasions/Weather, 101

Human Growth and Development

Developing a Sense of Modesty, 103
Expressing Appropriate Affection, 105
Feature Differences Between
Males and Females, 107
Reporting Inappropriate Sexual Conduct, 109
Handling Anger, 113
Focus on Strengths, 115
Other Influences in Life, 117
Thoughts, Feelings, Actions, 119
Identifying Kinds of Transportation
in the Community, 123
Transportation Exploration, 125
Maps and Symbols, 127
Time Management, 129

Nutrition

Food Groups, 133
Appropriate Portions of Food, 139
Importance of Eating Breakfast, 141

Wellness

Daily Exercise, 143
Proper Rest, 149

Table Manners

Appropriate Eating Behavior, 151

Meal Preparation

Appliances and Utensils, 153
Basic Kitchen Hygiene, 155
Simple Measuring Techniques, 159
Setting the Table, 161
Refrigerated and Nonrefrigerated Items, 163
Functions of Basic Kitchen Appliances, 167
Clearing and Cleaning the Table, 169

Additional Information and Resources, 171