




Daily Living Skill – Young Teens	Activities
<p data-bbox="82 478 448 617">Health and Safety Pictograms/Hazard Symbols</p> 	<ul data-bbox="688 485 1555 1016" style="list-style-type: none">• Take photos around the house of items with Hazard symbols as well as safe materials. For example, take a photograph of a bottle of bleach and a photograph of a bottle of hand soap. Have your teen look through the photos and tell you which items are safe and which are not. Alternatively take one photo of numerous safe and hazardous items and have your teen point out safe and unsafe materials.• Do a walk through of your house. Help your teen determine where it is safe to place items with Hazard symbols.• The Canadian Centre for Occupational Health and Safety has an excellent website to teach young workers about safety hazards at work. It includes interactive games and activities. <p data-bbox="639 1066 1503 1094">https://www.ccohs.ca/youngworkers/resources/spreadWord.html</p> <ul data-bbox="688 1146 1555 1251" style="list-style-type: none">• Go to the Canadian Government website to find information on Hazard Symbols. This site includes a downloadable book that covers this topic.• <p data-bbox="639 1304 1555 1367">https://www.canada.ca/en/health-canada/services/home-safety/household-chemical-safety.html</p>
<p data-bbox="82 1415 391 1457">Planning a Meal</p>	<ul data-bbox="688 1415 1555 1598" style="list-style-type: none">• The Accessible Chef website includes many visual recipes as well as the ability to create your own visual recipe. <p data-bbox="639 1493 976 1520">https://accessiblechef.com/.</p> <ul data-bbox="688 1566 1555 1598" style="list-style-type: none">• The list of hands on activities below is also from Accessible Chef



Weekly Meal Plan Date: December 15th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Steel-cut Oats w/ Berries & Pecans	Eggs & Fruit	Steel-cut Oats w/ Berries & Pecans	Breakfast Sandwich Ham & Egg on Thawed	Steel-cut Oats w/ Berries & Pecans	Eggs & Fruit	Steel-cut Oats w/ Berries & Pecans
Chocolate Mint Shakeology	Chocolate Almond Shakeology w/ 1/2 banana	Chocolate Mint Shakeology	Chocolate Coconut Shakeology w/ berries	Chocolate Mint Shakeology	Chocolate Almond Shakeology w/ 1/2 banana	Chocolate Mint Shakeology
Chef Salad	Chicken Fajita Salad	Leftovers	Rice Cake w/ Turkey & Avocado	Leftovers	Orange & String Cheese	Rice Cake w/ Turkey & Avocado
Veggies & Hummus	Orange & String Cheese	Veggies & Hummus	Celery w/ Almond Butter	Veggies & Hummus	Date Nuts (Free Meal)	Celery w/ Almond Butter
Pot Roast & Vegetables	Crockpot Mexican Chicken	Ground Turkey Lettuce Wraps	Loaded Baked Sweet Potato	Chicken Enchilada Soup		Chicken Tostada Bar
Cottage Cheese & Veggies	Veggies & Hummus	Cottage Cheese & Veggies	Veggies & Hummus	Cottage Cheese & Veggies		Apple w/ Almond Butter

© sublimereflection.com

Creative Activities for Strengthening Pre-Cooking Skills

These activities can be used in the classroom to strengthen the skills required for cooking. Practicing cutting skills with plastic knives and working without heat are two ways to ensure that your students can complete recipes safely before advancing to using sharp blades and the stove or oven.

Practicing Cutting Using Play-Doh

Teach your students not to touch the blade and to use another implement to move the items around so that they do not have their fingers close to the blade.

Practicing Straining with Marbles

To work on straining without using boiling water, one activity is to practice straining marbles and water with a colander.

Practicing with a Cold Oven

You can practice carrying a tray before you use a hot tray from the oven by putting some objects on top of a cookie sheet and having your students walk around the room. Practice having them put the tray in the oven and take it back out.

Practicing Measuring and Matching

It's more important that students can match the labels on the measuring cups with measurements from the recipe than actually understanding the measurements. They can have a lot more independence, especially with their measuring skills, if they can match. One option is to create flashcards with measurements and work on identifying the word and symbol. You can practice measuring with dry ingredients like macaroni or dried beans. Ask the students to get a quarter cup of macaroni or a half cup of macaroni in the dry measure. They can identify the cup that they need.



Practicing Making Warm Water

Have your students practice making warm water from the faucet by identifying which is hot and which is cold. Teach them the visual cues that faucets have, like H and C or red and blue. They can also practice mixing the water.

Working from Left to Right

Your students will need to be able to work from left to right, which is also helpful for reading skills. You could offer them a visual cue if this is difficult for them by having a green circle to the left followed by an arrow and a red circle to the right.

Finding Items in the Kitchen

You can have the students go on a treasure hunt to find the items that they'll need for cooking. They can match them to the pictures on the visual recipes. You can ask the students to find items based on where they should be kept. For example, milk should be kept in the refrigerator and so should eggs. You can ask them to go to the cabinet and locate items that are kept in that area, such as peanut butter and flour.

By Holly Smith, Occupational Therapist

Hygiene

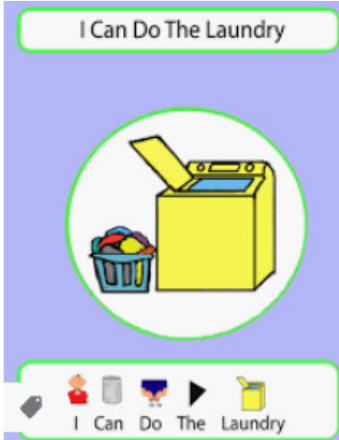


There are many ways to teach hygiene skills to young teens. Try the following:

- With your teen create a checklist of daily hygiene habits that need to be completed and have them check it off each time a habit is completed. Consider providing reinforcement for completing the checklist such as the chance to play a board game with a parent when the list is complete.
- Take photos of each step in a hygiene routine like brushing your teeth and have your child follow the photos to complete the hygiene routine with increasing independence.
- For more printable visuals on hygiene check out these links:
 1. Geneva Centre Visuals
<https://visuals.autism.net/>
 2. Do2Learn Visuals
<https://do2learn.com/>



Sorting Laundry



Using Visuals:

Use visuals to help your teen determine how to sort laundry. There are many free printable visuals for laundry sorting on the following website.

<https://www.teacherspayteachers.com/Browse/Search:laundry/Price-Range/Free>.

Alternatively, you can take your own photos. For example, you could take a picture of a pile of white items and one of jeans to help your teen determine what goes into each pile.

Task Analysis:

When teaching a teen how to put laundry into the washing machine and dryer consider how many steps are involved and break down the task into single steps. Model and practice each step. See the link below for an example of how to break down this task.

<https://www.perkinselearning.org/activity/integrated-skills-laundry>

If it is helpful take photos of each step and have your teen refer to the photos when they are doing the laundry.

Other



MagnusCards 12+
Magnusmode Ltd
★★★★★ 5.0, 12 Ratings
Free

The MagnusCards app is a free app that provides task cards on the topics of leisure, money management, safety, shopping, food, cleaning, health, social, personal care, travel attractions and school/work. These task cards can be downloaded onto a teens phone to be available at the moment they are needed.

