



**Waterloo Catholic District School Board**  
Quality, Inclusive, Faith Based Education

# Parent Info Sheet

## Daily Living Skills

### Websites:



This site includes tips, printable visuals & online games to teach toileting, dressing & personal care skills.



This link includes ten fun and easy activities to build fine motor skills.



This site includes interactive everyday activities where you can interact with on-screen elements.



This link includes 7 fun workouts you can do at home with videos to follow along.



This site has supplementary resources for elementary and secondary students to practice math and literacy skills and learn at home.



This site includes practice identifying, counting and saving money while also learning interesting facts about Canadian currency.



This site covers everything from letters and sounds to reading full sentences. Also available as a downloadable app.



This site includes games, recipes, interactive tools and printable activities that teach children about nutrition.

### Free Apps:



**Life Skills by Westcare**  
Fun & interactive tools on cooking, maintaining a household, budgeting, tips on living in a shared environment and other useful information.



**Dotopedia**  
An interactive info hub where kids can explore subjects they are most excited about through pictures, audio clips, articles & games.



**Model Me Going Places**  
Familiarize your child with locations that may be challenging and help teach their appropriate behaviour through peer modeling.

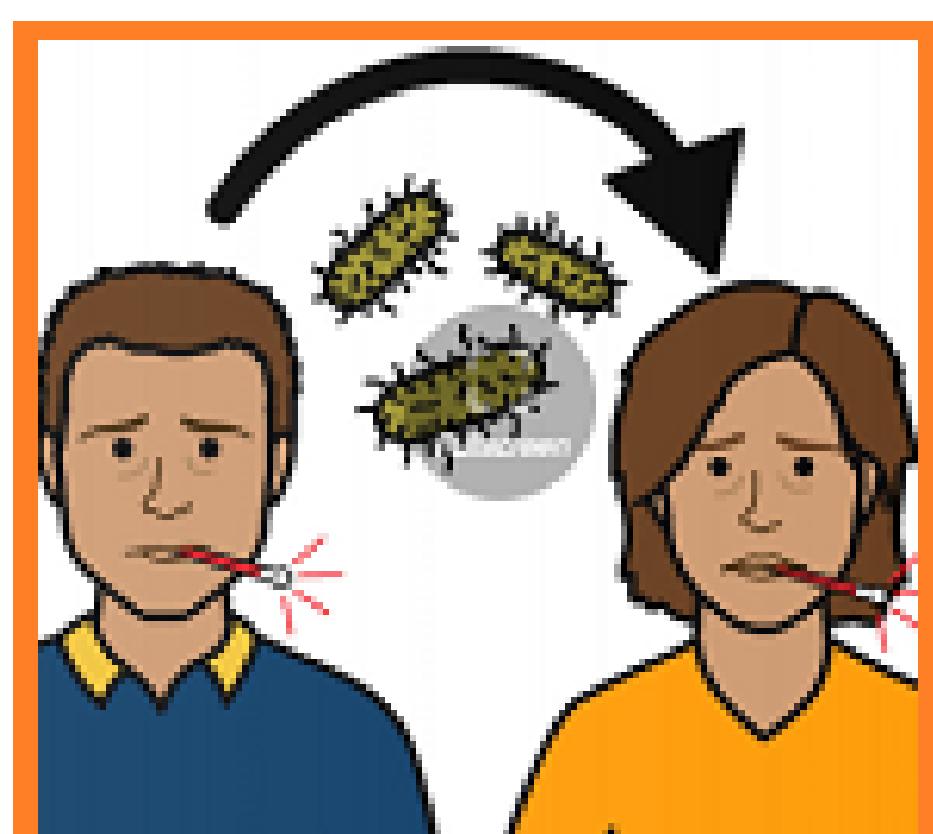


**iDo Hygiene**  
A comprehensive and innovative application for children to learn the most common personal hygiene daily activities

### Other Useful Resources:



This PDF is a toolkit that includes daily living visual supports such as schedules, and token boards.



This is a simple social story to help children better understand the Coronavirus situation.



This short video is a cute and simple children's story that explains social distancing.



This is a fun, simple & informative booklet that encourages children to wash their hands.