

Wednesday
Date: 09/09/2020

Dear Parents,

Provided are worksheets for your student's academics. You may start at a time that is tailored to your scheduling needs. It is recommended to complete the worksheets, and then apply it into their everyday lives. Due to being Adult Transition, being hands on and creating real life situations is extremely beneficial. In **bold**, are IEP goals adapted for your child.

Go over schedule for the day

1. Class Schedule Social Story worksheet- read verbally so you can use daily.
2. Use daily this schedule to either verbally, trace, or write on or on separate piece of paper.

This will meet Telling time/ Assemble schedule/Sequencing goals as required.

Snack

Please help students make a healthy choice (give at least two options) and give verbal step by step instruction on how to prepare the snack with materials needed to eat the snack

This will meet Meal Prep/ Coping strategies / Requesting wants and needs / Requesting break / Budgeting foods/ Menu items/ Sorting/ Following Directions/ Share Feelings/ Toileting goals/Total Communication / Yes/No/ Familiar Materials Away goals as required.

Social interaction/game

-This can be any game that you have. EX: Uno, Sorry, Trouble, Life, Checkers, Tic-tac-toe, etc. Please emphasize common phrases such as "my turn, your turn, tapping, and waiting your turn", etc.

Note: The more people, the merrier!

This will meet Coping strategies/ Requesting wants and needs / Requesting break/ Sharing Feelings/ Following Directions/ YES/NO/ Cooperative/ Total Communication goals as required.

Activity 1- Community - "Barbershop"

-Follow directions provided.

This will meet any Community exploration/ Following Directions/ Share Feelings Total Communication/ YES/NO/ WH (comprehension)/Sequencing/ Vocational / Cooperative goals as required.

Meal preparation/Lunch

1. Lunch Social Story worksheet- read verbally so you can use daily.
2. Please help students make a healthy choice (give at least two options) and give verbal step by step instruction on how to prepare the lunch with materials needed to eat the lunch.

This will meet Meal Prep/ Coping strategies / Requesting wants and needs / Requesting break / Budgeting foods/ Menu items/ Sorting/ Following Directions/ Share Feelings/ Toileting goals/Total Communication / Yes/No/ Familiar Materials Away goals as required.

Activity 2- Job Preferences-

Fill in blank - "I"

-Follow directions provided.

This will meet WH (comprehension)/Sequencing/YES/NO/Following instructions/Vocational/Cooperative/Total Communication goals as required.

Activity 3- Math- "~~Budget~~"

Matching

-Follow directions provided.

This will meet Addition-Subtraction / Dollar Up/ Food Budgeting/ Money Identification/ Budgeting/ Following instructions / Vocational / Cooperative/ Total Communication math goals as required.

Exercise

1. Exercise Social Story worksheet- read verbally so you can use daily.
2. Arms-Legs-Abs

This will meet PE/ Transition/ Mobility/ Follow directions and requests goals as required.

Chores

1. Go over the Task Analysis
2. *"Wash clothes"* Please provide verbal or visual step by step instructions as needed.

This will meet Following instructions / Requests/ Vocational / Cooperative goals as required.

**** Once completed with an assignment, please scan/photograph and e-mail the assignment to cbeswick@hbic.org OR mail it to 981 N. Euclid St. La Habra, CA 90631.***

****PLEASE write name AND date on top of EACH worksheet.*

Any questions, please feel free to contact me by email gbenner@hbic.org, or cell 714-308-9665 (text-best- or call)

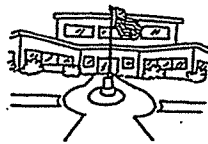
Thank you,

Gretchen Benner, M.S.

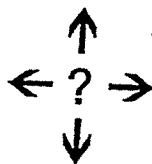
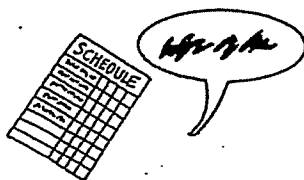
Adult Transition Teacher

The Cleta Harder Developmental School

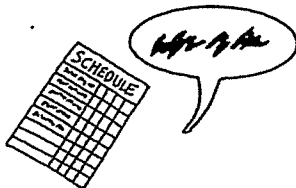
Class Schedule



I have a schedule at school.



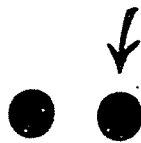
The schedule tells me where my classes are.



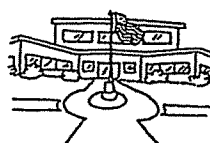
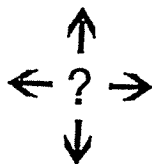
The schedule tells me when my classes start.



I have _____ different classes.
(number)

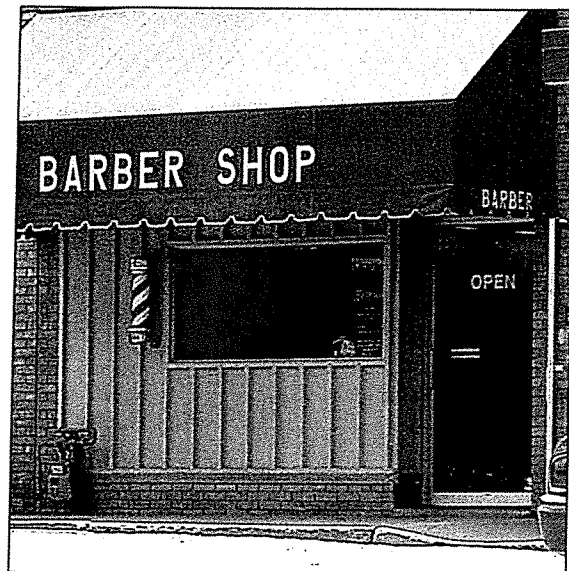
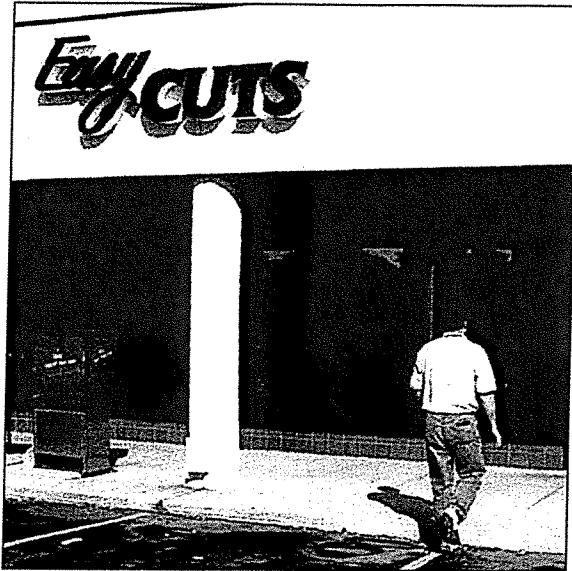


A bell will ring when it is time to go to the next class.

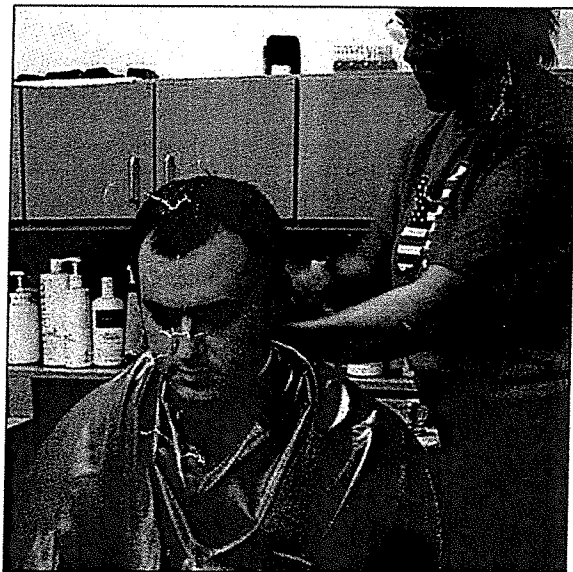


A schedule helps me know where to go at school.

Barbershops 1

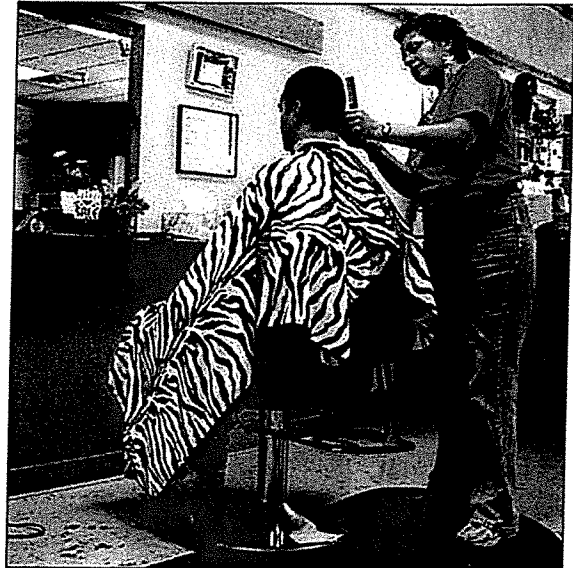


People go to barbershops to get their hair cut or styled.

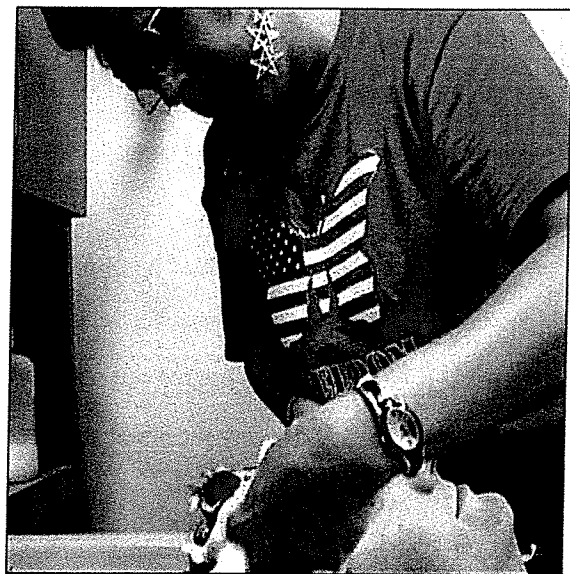
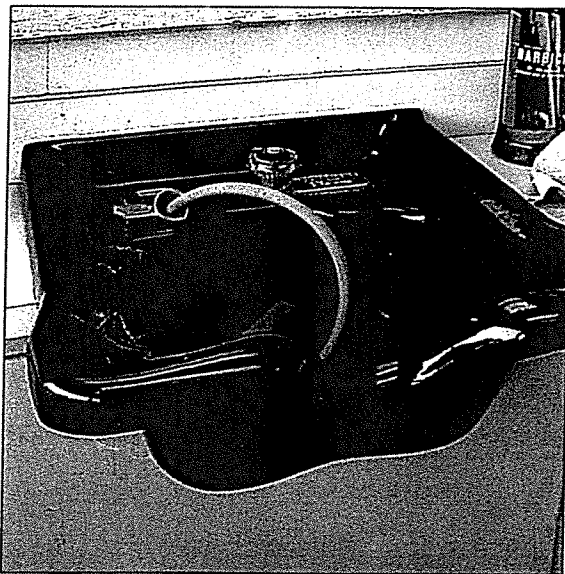


The person who cuts your hair is called a barber.

Barbershops 2

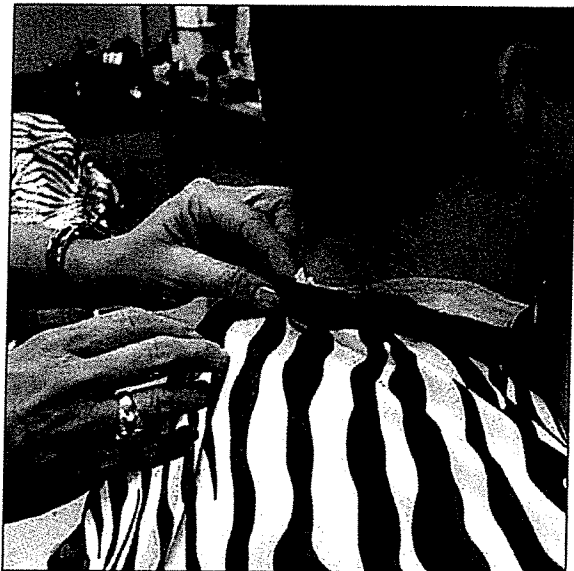


When you get your hair cut you sit in a special chair that turns and moves up and down.

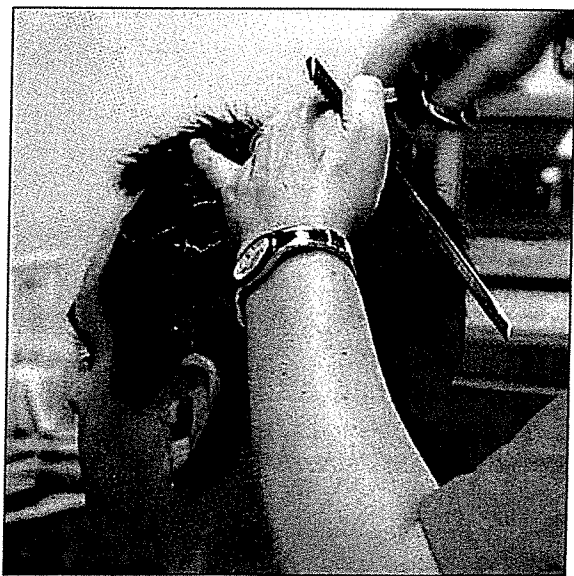


Some barbershops have sinks for washing hair.

Barbershops 3



The barber wraps a sheet around your shoulders so hair does not fall on your clothes.

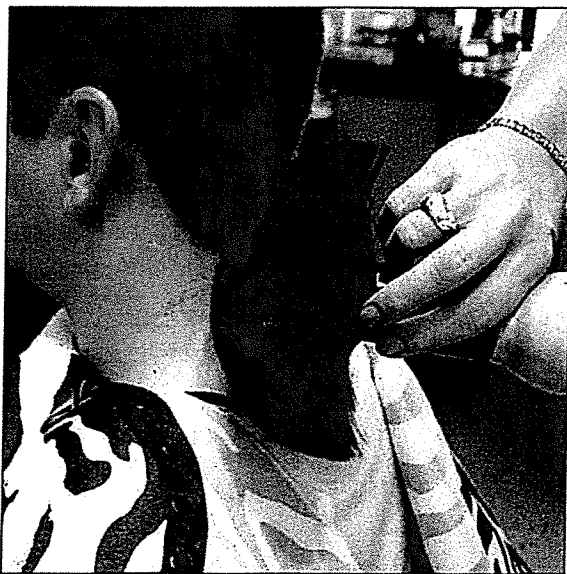


Barbers use a comb and scissors to cut hair.

Barbershops 4

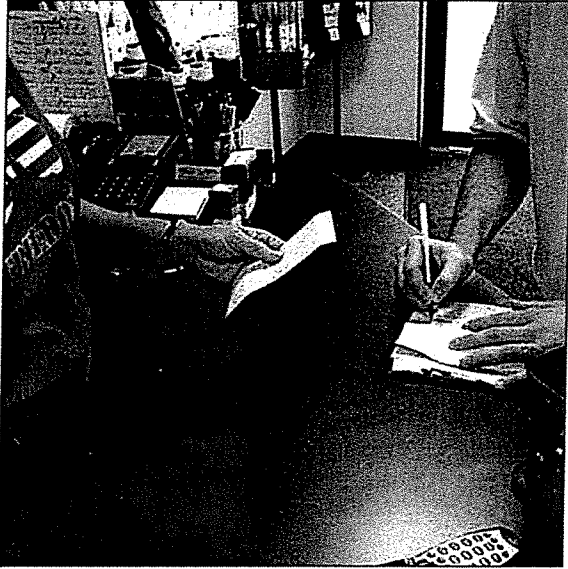


Sometimes they use an electric hair clipper.

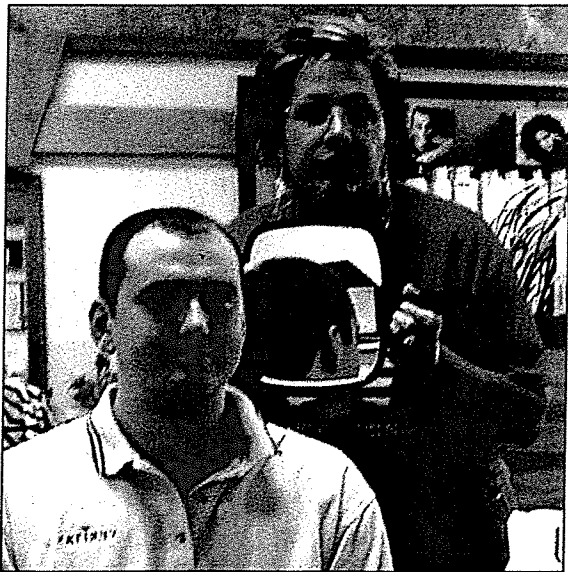


After the haircut, the barber brushes loose hair from your face and neck.

Barbershops 5



The barber tells you how much to pay for the haircut.



You look good after you get your hair cut.

Study Questions Barbershops 6

Name _____ Date _____

Directions: Circle the answer.

1. People go to the barbershop to get:

- a. laundry washed.
- b. hair cut and styled.
- c. drinks and food.

2. Barbers use:

- a. books, magazines and CDs.
- b. drinks, food and desserts.
- c. combs, scissors and electric clippers.

Directions: Write the word to complete the sentence.

3. A person who cuts hair is called a _____.
(barber)

Challenge: Answer.

4. How often do you go to a barber?

5. Name something you can buy at the barbershop.

Lunch



I have _____ minutes to eat my lunch.
(number)



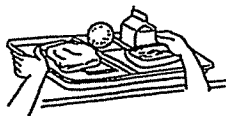
My next class starts at _____.
(time*)



I will try to finish eating on time.



If I take too long to eat, I might be late for class.



If I finish my lunch early, I can _____.
(appropriate activity)



I can't go to my next class until _____.
(time*)

Job Preference

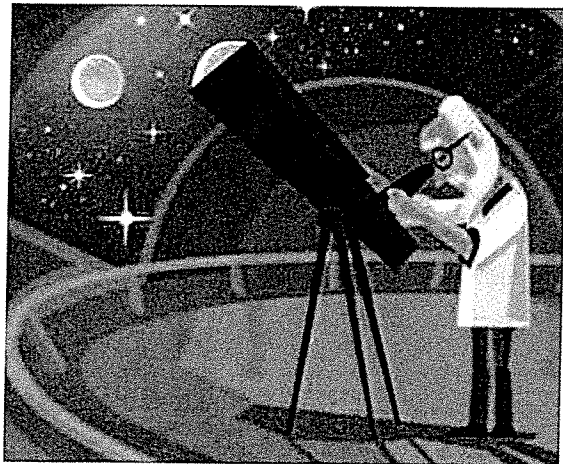
Directions: Choose from the words below to match the correct occupation.



1. _____



2. _____



3. _____



SIT

4. _____

Real Estate
Agent

Animal Control
Officer

Astronomer

Animal
Trainer

Circle the correct answer.

1. Who works with animals that need care, are abandoned or are dangerous?

Cashier

Animal Control Officer

2. What do Real Estate Agents do?

**Helps People
Buy or Sell House**

Cut Hair

3. What does an Astronomer study?

Books

**Universe:
stars, planets, galaxies**

4. What does an Animal Trainer do?

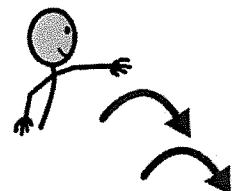
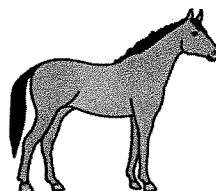
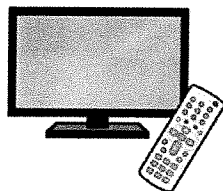
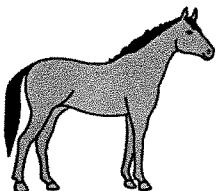
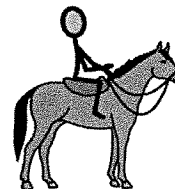
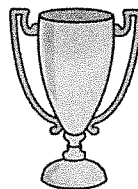
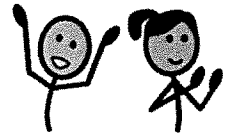
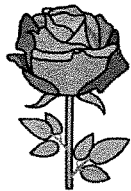
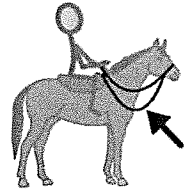
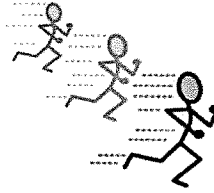
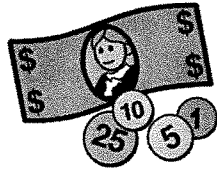
Teach Animals

Sell Animals

Matching

Name: _____

Choose the matching symbol in each row.



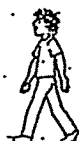
Exercise



I need exercise to be healthy.



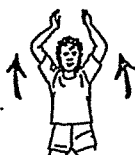
Exercise makes my body strong.



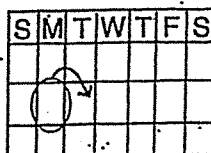
Some people walk to exercise.



Some people run to exercise.



Exercising might make me tired but it is okay.



I can rest and exercise again tomorrow.

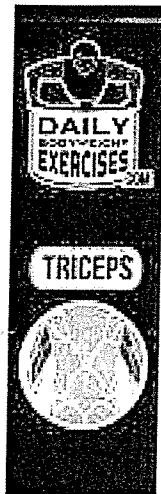
SIDE-TO-SIDE CHOPS: (TRICEPS EXERCISE)

STEP 1: ENTER STANDING POSITION WITH LEGS SHOULDER WIDTH APART

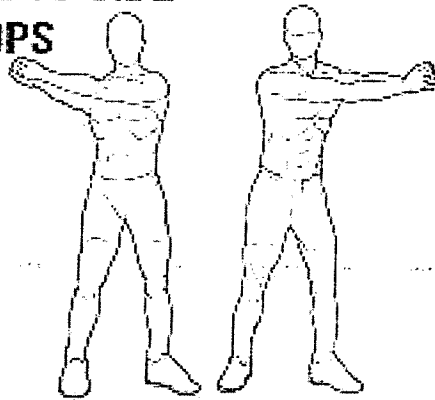
STEP 2: INTERLOCK FINGERS

STEP 3: ALTERNATE SWINGING ARMS FROM SIDE-TO-SIDE

STEP 4: REPEAT SWINGING MOTION 10x



SIDE TO SIDE CHOPS



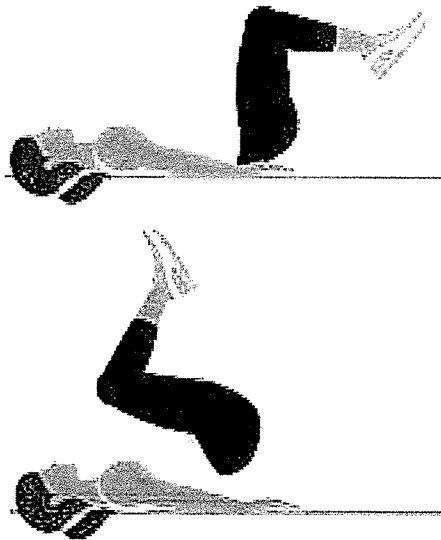
REVERSE CRUNCHES (CORE EXERCISE)

STEP 1: LAY ON BACK FLAT WITH ARMS AT YOUR SIDE

STEP 2: BRING LEGS UP WITH KNEES BENT AT A 90 DEGREE ANGLE

STEP 3: MOVE KNEES TOWARD CHEST

STEP 4: REPEAT



Name: _____

Nombre

PE Review / Educación Física revisión

Type of workout/*Tipo de entrenamiento*:

1. How was the workout? *¿Cómo estuvo el entrenamiento?*

Easy/ <i>fácil</i>	Okay	Hard/ <i>difícil</i>
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2. Do you feel healthy? *¿Te sientes sano?*

Yes/ <i>Si</i>	Okay	No
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Chores Review / Revisión de tareas

Type of chores/*Tipo de tareas*: _____

1. How was the chore? *¿Cómo estuvo la tarea?*

Easy/ <i>fácil</i>	Okay	Hard/ <i>difícil</i>
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2. Do you feel more organized? *¿Te sientes más organizado?*

Yes/ <i>Si</i>	Okay	No
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Wash Clothes

1.

Open washer lid

2.

Put dirty laundry in washer

3.

Put soap in washer

4.

Close washer lid

5.

Turn washer on / start washer

6.

Wait until washer is done washing