

## **Supports for Students With Significant Cognitive Disabilities**

Teachers,

This resource is being provided to support teachers of students with significant cognitive disabilities. The lesson ideas are divided by grade-band from kindergarten through high school. Sections are divided into functional activities associated with time of day (morning, afternoon, evening). Parents should be assured that they are not expected to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student. When possible, multiple resources are provided for a task, both virtual and those that do not require that the child have access to technology. [Here](#) you will find a sample lesson schedule and blank template to go along with these activities for both students and parents with and without access to technology.

Grade Bands

- [K-3](#)
- [4-8](#)
- [9-12](#)

If you would like to individualize this document, please click *File - Make a copy*. You will have your own copy that you can revise and edit as needed.

## Grades K-3

***This is a resource document for teachers to use to help create individualized daily/weekly lessons for students with significant cognitive disabilities. Parents should be assured that they are not to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student.***

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
<b>Morning</b>	Hand Washing	Life skills, math	Sequencing, following directions, health and safety	<a href="#">Hand Washing</a> video modeling	<a href="#">Hand washing sequence strip</a> visual support <a href="#">Hand Washing</a> sample data sheet
	Breakfast	Life skills, math, reading, receptive and expressive communication	Sequencing, measuring, reading a recipe, reciprocal communication, following verbal directions, etc.	<a href="#">Cereal for breakfast</a> video modeling <a href="#">Making toast</a> video modeling <a href="#">Table manners</a> animated video <a href="#">Table manners</a> realistic video	<a href="#">Prepare Breakfast Together</a> a variety of recipes including visual supports. <a href="#">Table manners</a> Visual cues including non-examples
	Getting Dressed	Life skills	Sequencing, requesting, weather-appropriate choices, attributes (long sleeve vs. short sleeve), color, fasteners	<a href="#">Dress for the weather</a> interactive game <a href="#">Dress for the weather</a> video	<a href="#">Getting dressed</a> choice board <a href="#">Getting dressed</a> picture schedule
	Sorting	Math, life skills	Discrimination, sequencing, making requests, attributes	<a href="#">Color sort</a> interactive game <a href="#">Sorting socks</a> video modeling <a href="#">Color sorting</a> 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 <a href="#">sorting mat</a> for the desired activity (placing mat in a page protector will increase its durability). How can this activity be designed to meet the student's transition needs?

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
	Calendar	Math, life skills, reading, writing, communication	Counting, patterns, weather, days of the week, months of the year	<a href="#">Let's make a calendar</a> interactive game	<a href="#">Calendar journal</a> 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.	<a href="#">Parts of book video</a> Take time to discuss parts of the book when appropriate. <a href="#">Storyline Online</a> stories read aloud	<a href="#">Concepts of Print</a> teach parts of a book: cover, back, spine... Reading left to right Reading from top to bottom  <a href="#">Books</a> with visual symbols imbedded in text
	Movement Break	Physical education	Gross motor movement (Choose activities to fit the needs and ability of the child.)	<a href="#">Yoga</a> video #1  <a href="#">Yoga</a> video #2	<a href="#">Obstacle Course</a> resource for how to construct at home obstacle course. <a href="#">Gross Motor Activity</a> choice board
	Writing	Reading, writing, life skills	Making lists, writing invitations, signing name, writing letters to family and friends	<a href="#">I Spy Alphabet</a> interactive game <a href="#">Pre-writing</a> interactive games	<a href="#">Pre-writing</a> 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	<a href="#">Scavenger Hunt Song</a> video	<a href="#">Home Scavenger Hunts</a> can be designed for indoors or out. They can be individualized for the student's specific needs and environment. Example <a href="#">scavenger hunt</a> form. This activity and form could be modified to meet the needs and instructional level of the individual student.
<b>Afternoon</b>	Lunch	Math, reading, life skills, communication	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	<a href="#">Making a pizza</a> video <a href="#">All about measuring</a> video	<a href="#">Practicing measuring</a> activity allows students to measure different quantities. (Using two bins and <a href="#">rice</a> makes this activity long lasting.)

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
	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.	<a href="#">Story Maker</a> interactive writing tool <a href="#">Story Prompt Generator</a> interactive way to generate story ideas	<a href="#">Graphic Organizers</a> 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; does he need a scribe, to work on sentences, to work on single words?
	Story time	Reading	Read aloud or independent reading of electronic stories helps students develop early literacy skills.	<a href="#">Tarheel Reader</a> provides opportunities for assisted and independent reading. <a href="#">On-line books</a> read aloud with signing	DLM <a href="#">guidance document</a> to assist with the Tarheel Readers Select books by topic, ask guided questions using <a href="#">storyboard</a> for students with limited oral communication skills. This is only an example of a storyboard. Example of a <a href="#">story</a> with symbols for students with limited or no consistent mode of communication
	Movement Break	Gross motor, science, physical education	Movement, exercise	<a href="#">Head, Shoulders, Knees and Toes</a> dance video <a href="#">Hokey Pokey</a> dance 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.	<a href="#">PBS Kids</a> , <a href="#">ABCya</a> , <a href="#">Starfall</a> all contain interactive games that will allow a student to practice his fine motor skills.	<a href="#">TheraKids</a> and <a href="#">Learning4Kids</a> 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.

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
	Feelings and Emotions	Social emotional	Explore various feelings and emotions through games, songs, movement, and additional activities.	<a href="#">Identifying feelings</a> interactive game (no sounds) <a href="#">The Feelings Song</a> video	<a href="#">Feelings</a> directions for the game <a href="#">Cards</a> in pdf for playing the game <a href="#">Feelings story</a> simple to read feelings book
Evening	Dinner	Cognition, life skills	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	<a href="#">Food facts</a> animated video <a href="#">Setting the table</a> video modeling	<a href="#">Set Table for Dinner</a> visual sequencing chart <a href="#">Printable Table Setting Placemats</a> are a great way to provide a visual to assist a student with the task.
	Field Trip Time	Cognition	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With <a href="#">Virtual Field Trips</a> students can explore the world. From zoos to art museums, these trips allow the student to interact with the world. Provide a <a href="#">scavenger hunt</a> to guide the trip.	<a href="#">Arkansas Field Trips</a> provides a guide on things to explore in Arkansas. <a href="#">Nature Walk</a> journal provides the opportunity for students to engage in conversation about what they see. This is only an example and should be individualized for the needs of your student. <a href="#">Sensory Adventure: Outside Exploration</a> ideas on how to build guiding questions into a nature walk
	Take a Walk	Language, physical education	Expressive and receptive communication, directionality (left/right), attributes (big/small),		Take the dog for an evening walk. Get some exercise and play a game of <a href="#">I Spy</a> .
	Brushing Teeth	Fine motor, life skills	Sequencing, health and safety, following directions	<a href="#">Tooth brushing</a> video modeling	<a href="#">Tooth brushing</a> 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. This <a href="#">Social Story/feelings</a> and this <a href="#">Daily Journal</a> are both tools to help students reflect on the day.

## Grades 4-8

***This is a resource document for teachers to use to help create individualized daily/weekly lessons for students with significant cognitive disabilities. Parents should be assured that they are not to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student.***

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
<b>Morning</b>	Hand Washing	Physical education, health	Sequencing, following directions, health and safety	<a href="#">Hand Washing</a> video modeling	<a href="#">Hand washing sequence strip</a> simple visual support <a href="#">Hand Washing</a> advanced steps with visuals <a href="#">Hand Washing</a> data sheet sample
	Breakfast	Math, English language arts, life skills, transition skills	Sequencing, measuring, reading recipe, reciprocal communication, following verbal directions, etc.	<a href="#">Making oatmeal</a> video modeling	<a href="#">Making oatmeal</a> visual recipe <a href="#">Making oatmeal</a> visual recipe (multiple options; free to download)
	Hygiene	Science, physical education and health, life skills, transition skills	Sequencing, following directions, healthy and safety	<a href="#">The Importance of Good Hygiene</a> video lesson	<a href="#">Using the restroom</a> visual support <a href="#">Brushing teeth</a> visual support <a href="#">Getting Dressed</a> 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.)	<a href="#">Sorting Laundry</a> video modeling <a href="#">Sorting utensils</a> video modeling <a href="#">Sorting pictures</a> interactive game (requires free account) <a href="#">Sorting by size</a> interactive game with closed captioning	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 <a href="#">sorting mat</a> for the desired activity (placing mat in a page protector will increase its durability). How can this activity be designed to meet the student's transition needs?

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free 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.	<a href="#">Parts of Book</a> video discussing parts of the book <a href="#">Storyline Online</a> stories read aloud <a href="#">Just Books</a> stories read aloud	<a href="#">Concepts of Print</a> teach parts of a book: cover, back, spine, reading left to right, and reading from top to bottom. <a href="#">Books</a> with visual symbols imbedded in text
	Movement Break	Physical education and health	Gross motor movement (choose activities to fit the needs of the child)	<a href="#">Adaptive yoga</a> video for kids <a href="#">Exercise</a> video for kids <a href="#">Sitting exercise</a> video animated	<a href="#">Obstacle course</a> ideas with examples of visual supports
	Scavenger Hunt	Math, English language arts	Vocabulary, visual discrimination, measurement, parts of speech	<a href="#">Hidden Picture Game</a> 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. <a href="#">Scavenger Hunt</a> ideas for home <a href="#">Neighborhood</a> scavenger hunt template <a href="#">Color</a> scavenger hunt template
<b>Afternoon</b>	Lunch	Math, English language arts	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	<a href="#">Measuring</a> for cooking video <a href="#">Measuring liquids</a> video modeling <a href="#">Making a PB&amp;J</a> video modeling <a href="#">Making grilled cheese</a> video modeling	<a href="#">Prepare Lunch Together</a> and <a href="#">Look n' Cook</a> 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.

Time of Day	Daily	Subject	Skills	Virtual Activity	Technology-Free Activity
	Literacy	English language arts	Create and narrate a story to discuss characters, setting, events, and details of a story.	<a href="#">Video</a> for adults on how to lead this discussion.	<a href="#">Picture Story Cubes</a> provide a fun way for students to get motivated about writing a story. Remember to use symbols the student is familiar with. <a href="#">Story map</a> - sequencing of events <a href="#">Story map</a> - parts of the story
	Movement Break	Physical education and health	Movement, exercise	<a href="#">GoNoddle: Jump, Squat, Turn Around</a> (Following Directions) <a href="#">GoNoddle: A-Moose-Ta-Cha</a> (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 <a href="#">visual board</a> so students with limited communication can participate fully in the game.
	Literacy	English language arts	Read aloud or independent reading of electronic stories helps students develop early literacy skills	<a href="#">Tarheel Reader</a> provides opportunities for assisted and independent reading. <a href="#">On-line books</a> read aloud with signing	DLM <a href="#">guidance document</a> assists with the Tarheel Readers. Select books by topic, and ask guided questions using <a href="#">storyboard</a> for students with limited oral communication skills. This is only an example of a storyboard. This is an example of a <a href="#">story</a> with symbols for students with limited or no consistent mode of communication. This story would need to be adjusted based on individual student needs.
	Fine Motor Movement	Computer science	Manipulate small objects to complete a task, hand-eye coordination, and typing	Activities for engagement in an educational environment <a href="#">ABCya</a> 4th grade <a href="#">ABCya</a> 5th grade <a href="#">ABCya</a> 6th grade and up <a href="#">Learn to Type</a> modeling and practicing typing	<a href="#">TheraKids</a> and <a href="#">Learning4Kids</a> 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 <a href="#">article</a> provides examples of fine and gross motor activities in the home environment specifically for older students.



Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
	Feelings and Emotions	Behavioral skills, social/emotional skills, life skills	Behavioral, communication	<a href="#">The Feelings Game</a> interactive game to identify face expressions <a href="#">Identifying emotions in others</a> interactive video <a href="#">Explaining feelings</a> video	Using <a href="#">Emotion Faces</a> or <a href="#">Anger Management Skills</a> visual cards could help students to communicate their feelings. Remember that students must first understand what the visual means before they can use it. <a href="#">Small Talk Discussion Cards</a> provide discussion prompts to get students talking about feelings.
<b>Evening</b>	Preparing Dinner	Life skills, transition skills	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	<a href="#">Setting the Table</a> video guide	<a href="#">Set Table for Dinner</a> visual task list <a href="#">Table setting</a> cue card
	Field Trip Time	Math, English language arts, science, history	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With <a href="#">Virtual Field Trips</a> students can explore the world. From zoos to art museums, these trips allow the student to interact with the world. Provide a <a href="#">scavenger hunt</a> to guide the trip.	Go on a nature walk and look for animals native to Arkansas. <a href="#">Arkansas Game and Fish Commission Free Resources</a> (multiple resources are available including informational pamphlets, recipes, and a section for students resources)
	Take a Walk	English language arts	Expressive and receptive communication, directionality (left/right), attributes (big/small),	<a href="#">Hidden Pictures Digital Play</a> interactive game <a href="#">Highlights Kids Hidden Pictures</a> interactive game	Take the dog for an evening walk. Get some exercise and play a game of <a href="#">I Spy</a> . <a href="#">Sensory Adventure: Outside Exploration</a> ideas on how to build guiding questions into a nature walk.

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free 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 and safety.	<a href="#">Video Modeling</a> step-by-step modeling of how to brush your teeth	<a href="#">Visual Task List</a> basic visual steps to brush your teeth <a href="#">Visual task list</a> complex steps to brushing your teeth <a href="#">Step-by-step guide</a> to brushing your teeth
	Process the Day	English language arts, behavioral skills	Reciprocal communication, answering what/who questions, providing information with supporting details	<a href="#">Visual Dictionary</a> interactive tool to assist with writing and word finding	Taking time to reflect on the day will help the student learn to reflect. This <a href="#">Social Story/feelings</a> and this <a href="#">Daily Journal</a> are both tools to help students reflect on the day. Talk with the student about her day. Create an individualized <a href="#">storyboard</a> (example) to facilitate this conversation using some of these guiding <a href="#">questions</a> .

## Grades 9-12

*This is a resource document for teachers to use to help create individualized daily/weekly lessons for students with significant cognitive disabilities. Parents should be assured that they are not to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student.*

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
<b>Morning</b>	Hand Washing	Math, reading, life skills, science	Sequencing, following directions, health and safety	<a href="#">Video Modeling Hand Washing</a> instructional video on how to wash hands	<a href="#">Hand Washing Data Sheet</a> Data tracking chart for hand-washing procedures  <a href="#">Hand Washing steps with Visuals</a> 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.	<a href="#">Cooking Waffles</a> video modeling	<a href="#">Waffle recipe</a> visual recipe (multiple options, free to download) <a href="#">Visual recipe for pancakes</a> visual recipe <a href="#">Communication board</a> 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	<a href="#">Dressing Weather Appropriately</a> interactive game with scenarios	<a href="#">Getting Dressed</a> 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.)	<a href="#">Seasons Suitcase Sort</a> , <a href="#">Sorting Waste</a> and <a href="#">Break the Bank</a> are all interactive sorting games <a href="#">Sorting coins</a> video modeling	<a href="#">Sorting</a> 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) <a href="#">Benefits of functional activities</a> is an article explaining life skills.

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
	Reading	All	Reading aloud, either hard-	<a href="#">Tarheel Reader</a>	DLM <a href="#">guidance document</a> assists with.
	Time		copy or electronic stories, helps students develop early literacy skills, social skills, and life skills.	provides opportunities for assisted and independent reading. <a href="#">On-line books</a> read aloud with available signing.	<p>Tarheel Readers</p> <p><a href="#">Books with visual symbol text</a> provide an opportunity for students with limited communication to share in the reading.</p> <p>Select books by topic, and ask guided questions using <a href="#">storyboard</a> for students with limited oral communication skills. This is only an example of a storyboard.</p> <p>This is an example of a <a href="#">story</a> with symbols for students with limited or no consistent mode of communication. This story would need to be adjusted based on individual student needs.</p>
	Movement Break	Physical education	Gross motor movement (choose the activities to fit the needs of the student)	<a href="#">WheelChair Yoga</a> interactive video <a href="#">Exercise Part 1</a> and <a href="#">Exercise Part 2</a> are videos designed for teens and young adults with disabilities.	<a href="#">Activity Choice Board</a> 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 ( <a href="#">Directions to Flippity</a> ).	Create a scavenger hunt for your students using google forms; <a href="#">here's</a> how! <a href="#">Riddle scavenger hunt #1</a> and <a href="#">Riddle Scavenger Hunt #2</a> are examples of scavenger hunts that can be modified to meet the needs of the student.

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
Afternoon	Preparing Lunch	Math, reading, science	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	<a href="#">Balanced Meals Video</a> educational video <a href="#">Food Nutrition</a> interactive game <a href="#">Making a PB&amp;J</a> video modeling	Take this <a href="#">Grocery Store Bingo</a> 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. Does she need a communication board to accompany this activity? <a href="#">Meal time communication board</a> 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.	<a href="#">Story Maker</a> interactive writing tool <a href="#">Story Prompt Generator</a> interactive game to help develop story ideas	Develop writing activities based on the needs of the students. If engagement is a need, use <a href="#">Story Prompts</a> to motivate the student. If the student is writing simple sentences, use <a href="#">Sentence Stretching</a> to increase complexity. If the student is ready for a paragraph, build the activity using the <a href="#">paragraph Graphic Organizer</a> . Remember to allow for the student to <i>write</i> using whatever mode is most beneficial for them (a scribe, voice recording, communication board, drawing, typing, etc.)
	Movement Break	Gross motor, science	Movement, exercise	<a href="#">Move and freeze</a> interactive video	Have a dance party movement break, try <a href="#">Rollin' the Moves</a>
	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. <a href="#">Fine Motor Technology Brain Break</a> interactive games	<a href="#">TheraKids</a> and <a href="#">Learning4Kids</a> 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 <a href="#">article</a> provides examples of fine and gross motor activities in the home environment specifically for older students.

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
Evening	Preparing Dinner	Math, reading, science	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	<p><a href="#">Washing Dishes</a> video modeling of washing dishes by hand</p> <p><a href="#">Washing Dishes with Dishwasher</a> video modeling of loading a dishwasher</p>	<p><a href="#">Prepare Lunch Together</a> and <a href="#">Look n' Cook</a> 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.</p> <p>Skills that can be reinforced around dinner time: washing <a href="#">dishes</a> (visual task list), <a href="#">setting the table</a> (visual task list), or cleaning up after the meal are all areas to think about incorporating into activities.</p>
	Field Trip Time	All	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	<p>With <a href="#">Virtual Field Trips</a> students can explore the world. From zoos to art museums these trips allow the student to interact with the world. Provide a <a href="#">scavenger hunt</a> to guide the trip.</p>	<p>How to <a href="#">plan</a> a virtual field trip? Think about <a href="#">guided activities</a> for the virtual field trips. How can these activities be connected to the student's post-secondary goals? Try developing a lesson around virtual job shadowing.</p>
	Take a walk	Physical education	Expressive and receptive communication, directionality (left/right), attributes (big/small)	<p><a href="#">Hidden Pictures Digital Play</a> interactive game</p> <p><a href="#">Highlights Kids Hidden Pictures</a> interactive</p> <p><a href="#">I Spy Shapes</a> animated interactive game</p>	<p>Get some exercise, take a walk and play a game of <a href="#">I Spy</a> or go on a nature walk <a href="#">scavenger hunt</a> ideas on how to build guiding questions into a nature walk. Remember, communication is key. Does the student need a <a href="#">communication board</a> for this activity?</p>

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free 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 and safety.	<a href="#">Video Modeling</a> video modeling	<a href="#">Visual Task List</a> basic visual steps to brush your teeth <a href="#">Visual task list</a> - complex steps to brushing your teeth
	Process the Dat	Reading, writing, functional skills, life skills, social emotional skills	Reciprocal communication, answering what/who questions, providing information with supporting details	<a href="#">Visual Dictionary</a> interactive tool to assist with writing and word finding.	Taking time to reflect on the day will help the student learn to reflect. This <a href="#">Social Story/feelings</a> story and <a href="#">daily journal</a> are both tools to help students reflect on the day.  Talk with the student about her day. Create an individualized <a href="#">storyboard</a> (example) to facilitate this conversation using some of these guiding <a href="#">questions</a> .