

Functional Life Skills Chores List

Pre-K-2 nd grade	<ul style="list-style-type: none">▪ Dusting and wiping tables/chairs▪ Pick up toys▪ Clean up plate and dispose of garbage▪ Wipe up spills▪ Select own clothes
3 rd -5 th grade	<ul style="list-style-type: none">▪ Basic laundry sorting▪ Getting dressed▪ Brush teeth or hair▪ Wipe face▪ Feed self
6 th -8 th grade	<ul style="list-style-type: none">▪ Wash and fold laundry▪ Put away groceries▪ Set an alarm▪ Wash dishes/ use dishwasher▪ Make a simple meal/snack▪ Manage money
9 th -12 th grade	<ul style="list-style-type: none">▪ Plan a meal with a grocery list▪ Mow the lawn▪ Make purchases at a store▪ Credit/debit card management▪ Public transportation use
Transition	<ul style="list-style-type: none">▪ Read medicine labels▪ Make doctor's appointments▪ Interview preparation▪ Bank management▪ Set goals or use a planner

Functional Life Skills Idea List

Basic Concepts

- Sorting
- Categorizing
- Sequencing
- Opposites
- Prepositions
- Identical Match
- Non-Identical Match
- Name Recognition
- Calendar Skills
- Body Part Identification

Reading Skills

- Alphabet
- Community Signs
- Book Skills
- Punctuation
- Capitalization
- Sight Word Recognition
 - Dolch Pre-Primer
 - Dolch Primer

Mathematics

- Colors
- Shapes
- Patterns
- Number Concepts
- 1:1 Correspondence
- Addition
- Subtraction
- Money
- Time
- Measurement

Functional Life Skills Idea List

Fine Motor Skills

- Clothing Management
- Functional Hand Skills
- Manipulative Play
- Arts and Craft Skills
- Pre-Writing
- Writing
- Sensory Exploration
- Typing

Self Care

- Toileting
- Grooming
- Hygiene
- Clothing Management
- Body Care
- Basic First Aid

Community Skills

- Transportation
- Street Safety
- Grocery Store
- Clothing Store
- Shopping Mall
- Fast Food Restaurant
- Sit Down Restaurant
- Library / Book Store
- Post Office
- Doctor's Office
- Dentist Office
- Vocational Exploration
- Community Service
- Leisure
 - Playground
 - Bowling
 - Nature Center
 - Forest Preserves
 - Movie Theater

Functional Life Skills Idea List

Cooking Skills

- Eating Habits
- Appliance Use
- Basic Food Prep
- Food Safety and Sanitation

Independence

- School Skills
- Calendar Skills
- Transition Skills
- Schedule Skills
- Work Skills
- Home-School Jobs
- Clerical Skills
- Domestic Skills
- Clothing Management
- Personal Information

Social Emotional Skills

- Emotions
- Behavior Management
- Personal Qualities
- External Qualities
- Goal Setting
- Perspective taking
- Social Skills
- Safety
- Decision Making Skills



Get to know me:



Hey! You know me as Full SPED Ahead, but my name is Heather! I am a passionate special education teacher that loves supporting other professionals! That is why I started my TPT journey in 2020. I have my Bachelor's degree in Special Education and my Master's degree in Curriculum and Instruction with specialization in Teacher Leadership. I am currently a self-contained special education middle school teacher in Illinois!

I'm so glad you're here, let's connect on social media!

Let's get social:



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