

Ways to Practice Independence At-Home

At school we work on being independent students. Here are some ways to be independent at home.

- make bed
- help set the table
- clean up toys
- help wash/dry dishes
- sweep floors
- put away laundry
- help take care of pets
- pack lunch or snack
- pack backpack
- empty backpack after school
- follow multi-step directions (brush teeth, then get dressed)
- use polite and respectful language
- use words to express feelings
- eat regular and healthy meals
- put on and fasten shoes
- put jacket on
- open containers
- use table manners
- clean up after myself
- practice reading skills
- practice math skills
- ask questions in complete sentences
- _____
- _____

