

ACTIVITY IDEAS

HUMAN DEVELOPMENT		Activities
Thinking Skills		
• Feeds self		<i>Practice at meal times-allow students to eat simple foods e.g. French fries, pudding, etc.</i>
• Chews with mouth closed		
• Demonstrates table manners		
• Uses appropriate utensils in eating		
• Uses napkin appropriately		
Brushing Teeth		
• Wets toothpaste and applies toothpaste		<i>Practice at bedtime. Also can practice with dry brush on dolls or stuffed animals. Have dentist or hygienist come in and give tooth care demonstrations</i>
• Uses brushing motion on tooth surfaces		
• Brushes teeth after meals and before bedtime		
• Uses toothpaste and mouthwash correctly		
• Uses dental floss daily		
• Properly cares for toothbrush		
Dressing and Undressing Self		
• Chooses clean clothes		
• Chooses clothes that much		
• Knows how to tie shoes		
• Knows how to button and unbutton		
• Knows how to zip and unzip		
• Knows how to tie neckties		
• Chooses clothes for appropriate activities/weather		
Bathing/Cleanliness and Hygiene		
• Washes and dries hands unsupervised		<i>Set up routine early in school year</i>
• Disposes of paper towels in wastebasket		
• Washes face unsupervised (uses mirror to check self)		<i>Play with hand mirrors – look at self and others. If they have dirt on face show in mirror.</i>
• Washes hands at appropriate times (before meals, after bathroom visit, etc.)		
• Washes self during bathing		
• Dries self after bathing		
• Bathes/showers routinely with out suggestion		
• Uses deodorant		
• Combs hair without suggestion		
• Brushes hair free of tangles		
• Combs hair using mirror to check style		
• Shaves with manual/electric razor		
• Controls bowels and bladder		
• Flushes toilet/urinal after each use		
• Maintains clean fingernails		
• Files/clips fingernails and toenails		