Life Skills at Home Activities

Meals:

* Sorting utensils
* Folding (napkins)
* Leave one item off of the table and ask your child to identify what is missing
* Groceries: sorting boxed/canned items

Laundry:

* Folding clothes
* Sorting socks into colors
* Sorting clothes into piles for each person in your family

Games/ Conversation:

* I spy
* “ping pong” conversation- making sure that they are actively listening (on topic)
* rhyming words
* “going on a treasure hunt”

Hygiene:

* step by step routine

1. brush teeth
2. wash face
3. wash hands

* YouTube: Mr. Matt morning routines