Office of Exceptional Student Education



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detroitk12.org

Office of Exceptional Student Education

DISTANCE LEARNING PACKET

WORK SKILLS

Weeks 1 - 9: April 14 - June 12, 2020

Students Rise. We all Rise

	Size: Smallest Coin	Size: Largest Coin	Color: Copper	Color: Silver	Front of Coin: Head	Back of Coin: Building	Back of coin: Bird	Back of coin: Flame	Coin Value
Penny									
Nickel									
Dime									
Quarter OF THE CONTROL OF THE CONTR									

Safety in the Home Fact Sheet

There are different things people can do to their homes to make them safer. Which of the following safety features do you have at home?

Handrails and lighted stairways

Nonskid strips in the bottom of the shower or tub

Nightlights in halls and bathrooms

Safety screen in front of the fireplace

Locks on bathroom doors that allow them to be opened from either side

Electrical cords are in good shape, not frayed or cracked

Electrical cords run along walls, not across heavily traveled areas or under rugs.

No curtains near stoves or candles

Knives and sharp implements are in a special rack or drawer where small children can't reach them

Working smoke detectors and carbon monoxide detectors

Medications, chemicals, and matches are kept out of the reach of children

HYGIENE AND GROOMING Worksheet

Name	Date							
Directions: Read the hygiene and grooming chart below and check your own appearance.								
Hygiene/Grooming Habit	<u>Usually</u>	Sometimes	Not Very Often					
Bath or shower is taken every day.								
Deodorant is used every day.								
Teeth are brushed at least once a day.								
Hair is brushed and combed.								
Face is washed at least once a day.								
Hands are clean and nails are trimmed.								
Clothes are clean and neat.								
Hair is washed at least once a week.								
Underwear and socks are changed daily.								

Name:	

Four Food Groups

Date:	

Directions: List three other foods under each of the four food groups.

Grains	Dairy Products
crackers	cheese
oatmeal	cottage cheese
rice	milk
noodles	yogurt
Fruits and Vegetables	Meat or Protein
carrots	peanut butter
tomatoes	turkey
mangos	fish
melons	black-eyed peas

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	(N. H.	()	11).42	- 1	Α.	- 1
		4.		<i>).</i> T ∠		. / N .	

Name:		

Personal Responsibilities

Date:_		

Directions: During the class discussion, list some personal responsibilities of adults in each section of the table below.

Physical	Time Management	School/Work
	-: • -	
Financial	Social	Surroundings

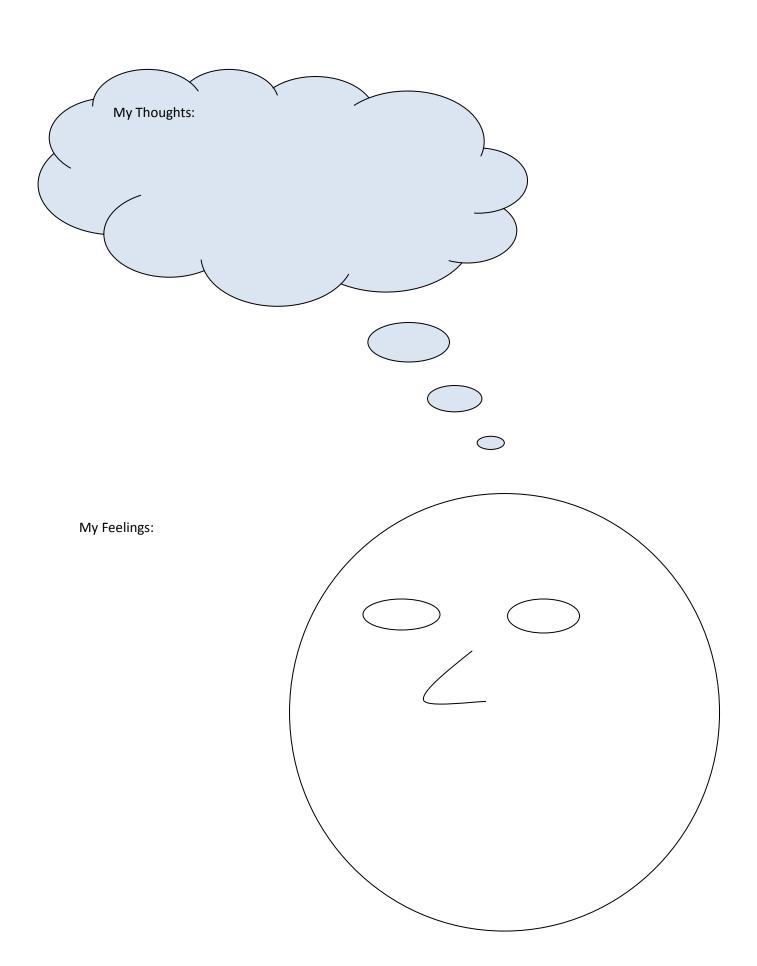
	Name:
	Personal Responsibilities Interview Date:
	Directions: Ask an adult at home the following questions about their personal responsibilities, recording their answers in the space provided after each question.
1.	What responsibilities do you have regarding your own physical well-being?
0	
2.	What responsibilities do you have regarding your time management?
3.	What responsibilities do you have regarding your job? Are you responsible for only your own work or also for the work of others?

4.	What responsibilities do you have financially?
5.	Are you responsible for anyone else in your life? If so, who, and what sorts of things are you responsible for doing for them?
6.	What responsibilities do you have regarding your personal surroundings, like your home?

What's Your Take?

Name:				Date:	
_	n the scenarios below e feel in the same situ	•			ght respond. How might ine.
Helpful Hint	s:				
(Sa 2. In (A	omeone else might fe atisfied> Happy> other cases, they mig fraid versus Enraged) cople can feel more th	Overjoyed). ght feel a comp	oletely different type	of emotion)
	I did not know	that my brot	her was coming	to my recital!	I feel
			•		7
	l do not u	nderstand th	nis job assignmen	t at all. I feel	•••
			•		
My friend	d has not called m	e back all da	y. He should have	e arrived hon	ne by now. I feel
			—		_
			·		

I have to give a presentation in front of the entire class. I feel	
The fire alarm just went off and I was not expecting it. I feel	
I am not looking forward to going to the dentist tomorrow. I feel	
I don't know when my mom will be home, and she is supposed to take me to the bookstore. I have been waiting all afternoon. I feel	
Leslie and I were supposed to go to the mall together, but she went with Susan instead. I feel	
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Name:	
Physical Characteristics in My Family	Date:
Directions: Think about the physical characteristics of	of

Directions: Think about the physical characteristics of your family members and then write them in below.

Family Member	Distinguishing Marks	Natural Hair Color	Eye Color
1.			
2.			
3.			
4.			
5.			
6.			

List two physical characteristics that are shared by two or more members of your family (for example, "both my sisters are tall").

1.

2.

List two physical characteristics that are unique to one member of your family (for example, "dad is left-handed while the rest of us are right-handed").

1.

2.

Name:		

Physical Characteristics Fact Sheet

D-4-		
Date:		

Directions: Everyone has different physical characteristics, and there are many different words we can use to describe ourselves and other people. The chart below offers ideas for describing people, and we'll add more words as a class.

Height		short	
8		tall	
		slim	
Build		husky	
		curvy	
		long	
Hair		short	
		curly	
	face shape	heart	
	•	oval	
	nose shape	pointed	
	nose snape	round	
Facial Features		brown	
	eye color	green	
Age		child	
8-		adolescent	
		elderly	

Emotional Check-In

Name: _____ Date: _____

Today, I am feeling: Calm Happy Excited Confused Nervous Afraid Disappointed Hurt Sad Bored Upset Angry

Emotional Check-Out

Name: _____ Date: _____

Now, I am	feeling:				
		860	(Section)		
Calm	Нарру	Excited	Confused	Nervous	Afraid
Disappointed	Hurt	Sad	Bored	Upset	Angry

Emotional Check-In

Name:		Date:	
Calm Relaxed Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
Гoday, I am feeling		because	
	Emotior	nal Check-Out	
Calm Relaxed Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
Today, I am feeling		because	1



Here's what you need to know about me!

My name is:	Date:
Describe activities, places, and people	e that make you feel:
Relaxed, Calm:	Stressed, Anxious, Nervous:
Interested, Intrigued:	Bored, Apathetic:
Happy, Overjoyed:	Aggravated, Angry:

ENTRY LEVEL JOBS

POSTERS + WORKSHEETS



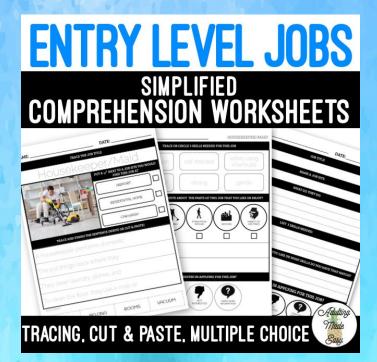
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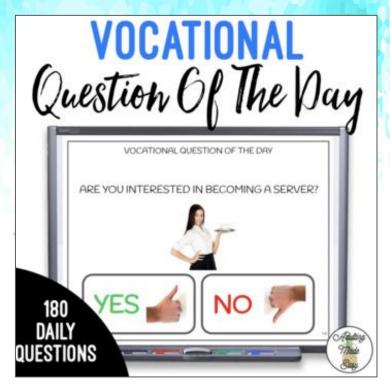




Directions & Ideas for Use:

- PRINT & LAMINATE FOR LONGEVITY
- POST AROUND YOUR ROOM
- PUT PAGES INTO A BOOKLET
- FOCUS ON A NEW JOB EACH WEEK
- COMPARE BETWEEN TWO JOBS EACH WEEK
- USE A JOB SEARCH ENGINE WEBSITE TO READ JOB LISTINGS AND SEE LOCAL OPENINGS (SEE NEXT PAGE FOR WEBSITES)

Supplement with:





If you would like a specific position added to this resource, please email me at spedadulting@gmail.com to send your ideas my way and I can update the file to include it!

Why I don't include salary information:

- THE INTENTION OF THESE POSTERS IS INTRODUCE
 DIFFERENT ENTRY LEVEL JOB OPTIONS FOR STUDENTS
 THAT MAY HAVE NO EXPERIENCE OR MAY POSSIBLY
 NOT GRADUATE WITH A DIPLOMA.
- WHILE RATE OF PAY/SALARY IS AN IMPORTANT ASPECT OF A JOB, IT SHOULD NOT BE THE FOCUS WHEN FIRST BUILDING EXPERIENCE OR FIGURING OUT WHAT TYPE OF CAREER STUDENTS ARE INTERESTED IN.
- RATE OF PAY/SALARIES CAN VARY IN EACH STATE, THEY CONSTANTLY CHANGE, AND MAY VARY DEPENDING ON HOW THE JOB IS STRUCTURED.
- IF YOU WOULD LIKE TO DISCUSS AVERAGE PAY FOR ANY OF THESE JOBS, HERE ARE A FEW WEBSITES TO SEARCH ON:
 - o <u>WWW.PAYSCALE.COM</u>
 - <u>WWW.INDEED.COM/SALARIES</u>
 - <u>WWW.CACAREERZONE.ORG/</u> (CA BASED)



CASHIIER



JOB SITES:

- GROCERY STORES
- RESTAURANTS
- COFFEE SHOPS
- DEPARTMENT STORES
- HARDWARE STORES
- GIFT SHOPS
- POST OFFICES
- RETAIL STORES
- FAST FOOD
 RESTAURANTS
- AMUSEMENT PARKS
- BOOK STORES

WHAT THEY DO:

- SCANS BARCODES OR SELECTS ITEM ON A DEVICE
- RECEIVE PAYMENT FROM CUSTOMERS IN EXCHANGE FOR A PRODUCT OR SERVICE
- COUNTING MONEY AT THE BEGINNING AND END OF SHIFT
- GIVE BACK CHANGE, REFUNDS AND RECEIPTS
- INFORM CUSTOMER OF TOTAL COST
- BAG PRODUCTS

SKILLS NEEDED:

- CUSTOMER SERVICE SOFT SKILLS
- BASIC MATHEMATICS
- COUNTING AND MONEY HANDLING
- ACTIVE LISTENING
- GROCERY STORE- EFFECTIVELY BAG PRODUCTS
- CAN EASILY LEARN HOW TO USE A CASH REGISTER OR DIGITAL CASH REGISTER.

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WORK WITH PEOPLE



NAME:	DATE:
Т	TRACE THE JOB TITLE
	Dashler
	PUT A V NEXT TO A JOB SITE YOU WOULD FIND THIS JOB AT
	GROCERY STORE
	SCHOOL
	DANCE STUDIO
TRACE AND FINISH	THE SENTENCE (WRITE OR CUT & PASTE)
A cashier scans	
They receive payme	nts from
They count money a	nd give back
They bag	
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i	i i

CUSTOMERS | CHANGE | PRODUCTS | BARCODES |

TRACE OR CIRCLE 3 SKILLS NEEDED FOR THIS JOB

bag products

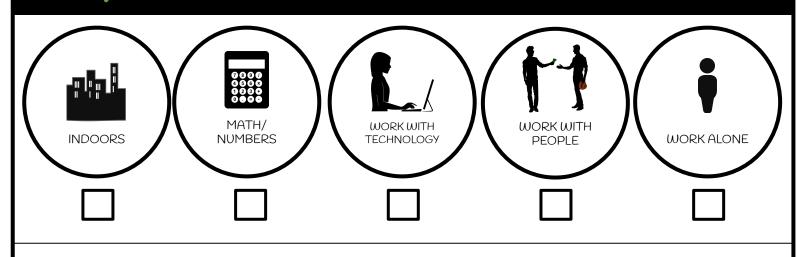
money handling customer service

coding

physical stamina

patience

PUT A V UNDER OR WRITE ABOUT THE PARTS OF THIS JOB THAT YOU LIKE OR ENJOY?



ARE YOU INTERESTED IN APPLYING FOR THIS JOB?







DISH WASHER



JOB SITES:

- RESTAURANTS
- HOTELS
- FAST FOODS
- GROCERY STORE
- PRIVATERESIDENCES
- BAKERIES
- DELIS
- COFFEE SHOPS
- BARS
- CAFETERIAS

WHAT THEY DO:

- CLEAN/SCRUB DISHES, UTENSILS, POTS & PANS, BY HAND OR DISHWASHER MACHINE
- DRY DISHES AFTER RINSED
- PLACE CLEAN DISHES IN STORAGE AREAS
- DISPOSE OF WASTE
- CLEAN KITCHEN AREAS AND FLOOR

SKILLS NEEDED:

- TIME MANAGEMENT
- CAUTIOUS OR GENTLE WITH FRAGILE DISHES
- WILLINGNESS TO GET WET/DIRTY
- ABILITY TO EFFECTIVELY CLEAN A DISH USING A SPONGE AND SINK
- RECOGNIZE WHEN A DISH IS CLEAN VS. DIRTY
- GOOD HYGIENE WHEN HANDLING CLEAN DISHES

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NAME:	DATE:
TRACE	THE JOB TITLE
Dish	Washer
	PUT A V NEXT TO A JOB SITE YOU WOULD FIND THIS JOB AT
	SPORTS ARENA
	POST OFFICE
	RESTAURANT
TRACE AND FINISH THE S	ENTENCE (WRITE OR CUT & PASTE)
A dishwasher cleans	
They dry dishes after the	ey are
They place clean dishes	SIN
They dispose of	
© ADULTING MADE EASY	
L OTODACE	

DISHES STORAGE RINSED WASTE

TRACE OR CIRCLE 3 SKILLS NEEDED FOR THIS JOB

time management recognize clean vs. dirty

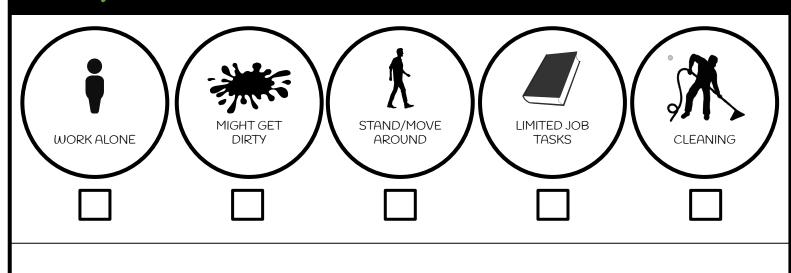
musical talent

gentle

communication

food handling

PUT A **V** UNDER OR WRITE ABOUT THE PARTS OF THIS JOB THAT YOU LIKE OR ENJOY?



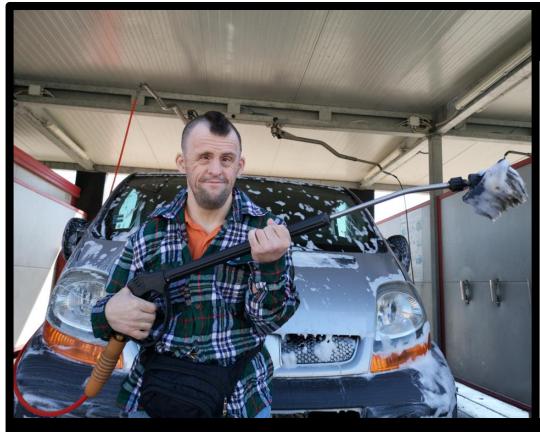
ARE YOU INTERESTED IN APPLYING FOR THIS JOB?







AUTO DETAILER



JOB SITES:

- DRIVE TO
 COMMERCIAL OR
 RESIDENTIAL
 CUSTOMERS
- AUTO DETAILING SHOPS
- CAR SALES LOTS

WHAT THEY DO:

- CLEAN COMPANY OR PERSONAL VEHICLES
- THOROUGHLY WASH, BUFF, WAX, VACUUM, STEAM AND DEODORIZE INTERIOR AND EXTERIOR OF VEHICLES
- USE OF CHEMICALS TO CLEAN
- USE TOOLS OR MACHINES SUCH AS A VACUUM OR PRESSURE SPRAYER

SKILLS NEEDED:

- STAMINA FOR PHYSICAL DEMANDS SUCH AS WALKING, CROUCHING, BENDING, AND STANDING FOR EXTENDED PERIODS
- BASIC SAFETY UNDERSTANDING OF CHEMICALS
- BASIC CUSTOMER SERVICE
- ATTENTION TO DETAIL
- CAREFUL WITH DELICATE
 MATERIALS OR SURFACES

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NAME:		DATE:	
	TRACE THE J	OB TITLE	
	Auto D	etailer	
		PUT A V NEXT TO A JOB SITE YOU FIND THIS JOB AT	WOULD
		RETAIL STORE	
		GROCERY STORE	
		AUTO SHOP	
TRA	CE AND FINISH THE SENTEN	ICE (WRITE OR CUT & PASTE)	
An auto det	tailer cleans		
To wash vel	nicles they use v	vaterand	
They use a	vacuum to clear	n the	
They use a	pressure spraye	er on the	
© ADULTING MADE EASY			

CHEMICALS EXTERIOR INTERIOR VEHICLES

TRACE OR CIRCLE 3 SKILLS NEEDED FOR THIS JOB

persuasive

detail oriented

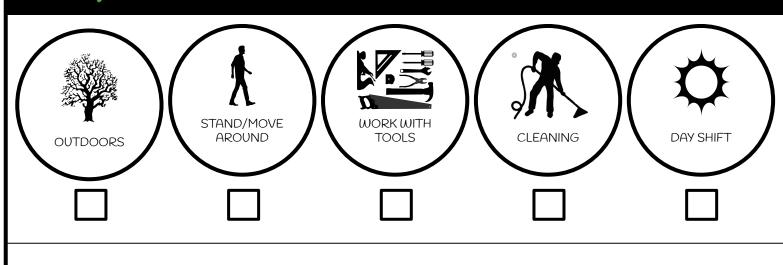
careful

physical stamina

creative

stage presence

PUT A **V** UNDER OR WRITE ABOUT THE PARTS OF THIS JOB THAT YOU LIKE OR ENJOY?

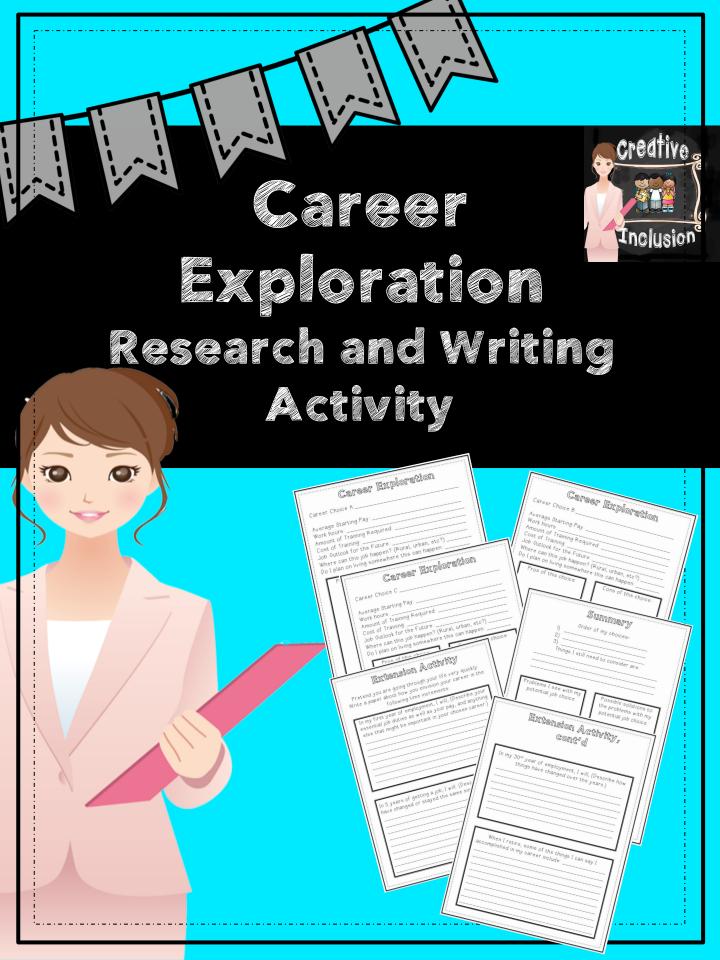


ARE YOU INTERESTED IN APPLYING FOR THIS JOB?









Special Thanks Goes To the Following:







Ocreative Inclusion

Career Exploration

Career Choice A:
Average Starting Pay:
Work hours:
Amount of Training Required:
Cost of Training:
Job Outlook for the Future:
Where can this job happen? (Rural, urban, etc?)
Do I plan on living somewhere this can happen:

Pros c	of this choice:	

Cons of	this choice:
	©Creative Inclusion

Career Exploration

Career Choice B:
Average Starting Pay:
Work hours:
Amount of Training Required:
Cost of Training:
Job Outlook for the Future:
Where can this job happen? (Rural, urban, etc?)
Do I plan on living somewhere this can happen:

	Pros	of	this	choice	
l					

 Uall II	<u> </u>		
Cons	of th	iis cho	ice:
		©Creative	: Inclusion

Career Exploration

Career Choice C:
Average Starting Pay:
Work hours:
Amount of Training Required:
Cost of Training:
Job Outlook for the Future:
Where can this job happen? (Rural, urban, etc?)
Do I plan on living somewhere this can happen:

Pros	of	this	choice:	
. , •	•	• • • • •		

 0411 11	<u> </u>			
Cons	of	this	choice	
		©(Creative Inc	luSion

Summary

	Order of my choices-
1)	
Z _. 3) \
	Things I still need to consider are:

Problems I see with my potential job choice

Possible solutions to the problems with my potential job choice:

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Extension Activity

Pretend you are going through your life very quickly.
Write a paper about how you envision your career in the following time increments:

In my first year of employment, I will, (Describe your essential job duties as well as your pay, and anything else that might be important in your chosen career.)

In 5 years of getting a job, I will: (Describe how things have changed or stayed the same since year 1.)

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Extension Activity, cont[#]d

In my 10 th year of employment, I will, (Describe how things have changed over the years.)

In 20 years of getting a job, I will: (Describe how things have changed over the years.)

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Extension Activity, cont[#]d

In my 30 th year of employment, I will, (Describe how things have changed over the years.)

When I retire, some of the things I can say I accomplished in my career include:

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	What V	Vork Means to M	le .	
Directions: Fill in during	g class discussion.			
Reasons why people wor	<u>·k:</u>			
1				
2				
3				
4				
5				
6				
0				
Reasons why I want to w	<u>ork:</u>			
1				
2				
3				
4				
5				

Date_____

Name	Date
My Next Move	Interest Categories
PA	RT 1
Directions: List two jobs of interest and the interest <i>Exploration</i> , GOE) for each job.	erest (industry) category (Guide for Occupational
Job	Interest category (GOE)
1	
2	
PA	ART 2
	Ranking
Administration and support services	
Arts and entertainment	
Construction	
Education	
Farming, forestry, fishing, and hunting	
Finance and insurance	
Government	
Health and counseling	
Hotel and food	
Management	
Manufacturing	
Media and communication	

18.77 Lesson Plan 2

Mining, oil, and gas	
Professional, science, and technical	
Real estate and rentals	
Retail	
Self-employed	
Service	
Transportation and storage	
Utilities	
Wholesale and commercial sales	

Name	Date	
	Job of Interest	
Directions: Select a job of gain the skills required in	of interest, list the duties required, and describe so the job.	me ways you could
Job of Interest:		
<u>Duties:</u>		
1		
2		
3		
4		
5		
Strategies for developing	needed skills (some ideas):	
1		
2		
3		
4		

OCCUPATIONS WORDSEARCH PUZZLE

FIND AND CIRCLE THE WORDS IN THE WORDSEARCH PUZZLE AND NUMBER THE PICTURES











bqу r 1 f s b a t Z р d h u e m р a d w r C f S r i i n r n C a n i r u a a n р d r i a h c



4) builder

5) businessman

6) carpenter

7) cashier

8) cook

9) dancer

10) dentist

11) doctor

12) farmer

13) gardener

14) hairdresser15) magician

16) nurse

17) painter

18) policeman

19) reporter

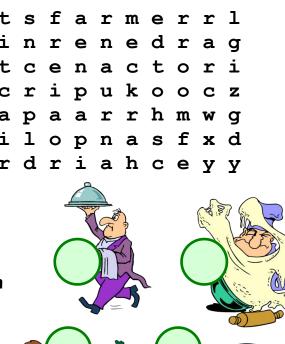
20) secretary

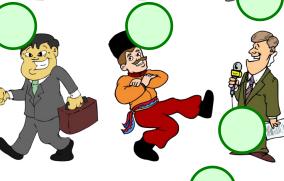
21) singer

22) tailor23) teacher

24) vet

25) waiter

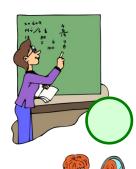














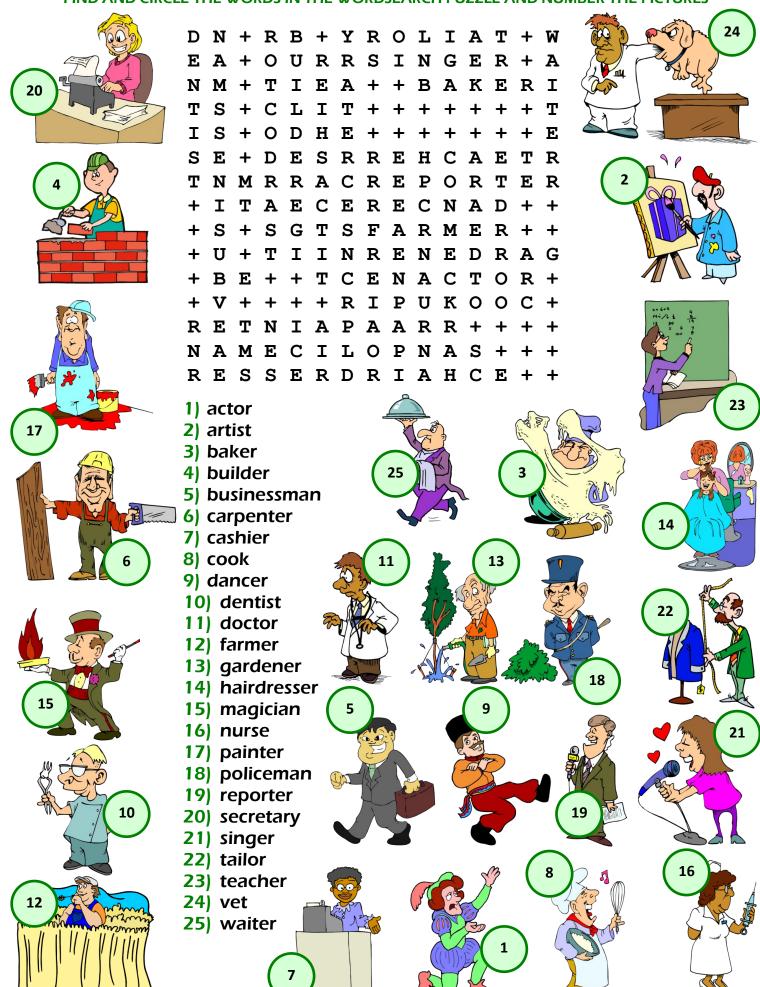






OCCUPATIONS WORDSEARCH PUZZLE ANSWER KEY

FIND AND CIRCLE THE WORDS IN THE WORDSEARCH PUZZLE AND NUMBER THE PICTURES



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Differentiation of Students Abilities:

- A. **Functional Independence**: Students can work independently, require minimal assistance with reading and writing, they may assist their classmates.
- 1. The student will be able to follow teacher directives.
- 2. The student will be able to brainstorm their own ideas related to work
- 3. The student will assist their peers in the participation group.
- B. **Supported Independence**: Students require minimal verbal prompts, may occasionally need assistance with reading, spelling and writing.
- 1. The student will use and give verbal directives/responses.
- 2. The student will use hands-on manipulatives.
- 3. The student will benefit from hand guidance.
- C. **Participation**: Students will need more one-on-one assistance; allowed to give verbal or illustrated responses in place of written responses, they require much verbal prompting and repeated instructions.
- 1. The student will benefit from hand over hand guidance.
- 2. The student will work in small groups or one-on-one
- 3. The student will trace/color outlines.
- 4. The student will demonstrate eye contact.
- 5. The student will be able to sort by shapes, color, sizes, and use puzzles.

Domain: Daily Living Skills

Competency	LCE Plan #/	Procedures/	Resources/	Evaluation/
	Objective(s)	Teacher & Aide Responsibilities	Materials	Assessment
Week One – April 13-17 Managing Personal Finances	Objective(s): Objective(s): Students will identify all characteristic s for all coins and bills up to \$100.00	1. Introduce the topic by distributing the Coins and Bills fact sheet showing students actual coins and bills and distributing or projecting images. Identify distinguishing characteristics; ask students to point out different features of the coins (e.g., size, color) 2. In small groups, play a money game: One student looks at real money, image, or fact sheet and selects a coin or bill. The student describes the money, one clue at a time. Class members answer orally after each description, giving the name of the coin or bill. 3. Students participate in online games and money activities (see Practical Money Skills for Life's Peter Pig's Counting Game, http://www.practicalmoneyskills.com/games/peterpigs Variety of money-related games and resources on the Internet 4. Classroom: http://www.internet4classrooms.com/skill_builders/counting_coins_math_first_1st_grade.htm http://Math-play.com http://www.math-play.com/money-games.html http://www.squidoo.com/counting-coins-interactive-games	Materials Coins and bills fact sheets real coins and bills Coin identification docx	Assessment Completion of activities

Domain: Daily Living Skills

Competency	LCE Plan #/	Procedures/	Resources/	Evaluation/
	Objective(s)	Teacher & Aide Responsibilities	Materials	Assessment
Week Two - April 20-24 Caring for Personal Needs	Objective(s): # 1.3.13.1 Demonstrate basic aspects of proper hygiene. # 1.3.13.2 Identify proper grooming habits.	Lesson Objective: Why is personal grooming and good hygiene important? State: You will look better and feel better about yourself if you practice good grooming and hygiene habits. In addition, by taking proper care of your hair, your skin, your nails, and your teeth, you will be much healthier. 1. Lead a discussion on the differences between "grooming" and "hygiene" (use pictures to represent examples and nonexamples, as needed): • "Grooming" is making your outward appearance neat and trim; for example, making sure your clothes are clean and appropriate for the occasion. • "Hygiene" refers to the practices that promote or preserve health. For example, if you do not brush your teeth, you are likely to get gum disease. • Have students suggest examples to differentiate between the two terms. • Note that getting dirty playing or working does not necessarily mean you have bad hygiene practices. Introduce additional relevant vocabulary (e.g., sweat, acne, perspiration, oil gland, dandruff; for additional terms, see Quizlet, [Quizlet-Hygiene Vocab] or Learning English Online,	Show students videos describing skin and hair care (e.g., YouTube, http://www.yout ube.com/watch?v =d9 FXQgZt5w; eHow, http://www.ehow .com/video 4407 075 teen-skin- care-tips.html). Hygiene and grooming worksheet	Completion of activities

# 13.16.5 Identify potentia safety hazards in the home	 http://www.learning-english-online.net/areas/vocabulary/people/body/personal-hygiene-basics/list-1) and develop class definitions of each term. Students individually complete the Hygiene and Grooming worksheet. Discuss responses in a general way, as far as guidelines (rather than individual student habit. *worksheet can be completed verbally with yes or no answers Lesson Objective: Students will become aware of potential safety hazards in the home. Instructional Resources: -Safety in the Home fact sheet -Internet resources (e.g., KidsHealth Safety Checklists at http://kidshealth.org/parent/firstaid safe/home/household checklist.html; Yahoo! Shine article, [Yahoo Shine-House Hazards]; UL Home Safety Checklist, https://www.usfa.fema.gov/downloads/pdf/home safety checklist.pdf; videos at http://www.youtube.com/watch?v=uIUv3hFleLcand http://www.youtube.com/watch?v=uIUv3hFleLcand http://www.youtube.com/watch?v=KpoLwcX78ic&feature=related) Lesson Introduction: Accidents involve people. Sometimes people are careless in their behavior, and this behavior injures them. Most accidents in the home can be prevented if we practice safe behavior. Today, we are going to talk about some common hazards in the home and how to avoid them. Distribute and discuss the Safety in the Home fact sheet. Have students identify what accidents could happen if these safety features are not observed. 	See Instructional resources listed under Objective: Safety in the home fact sheet, Internet resources	
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	 Have students suggest other safety hazards and how to avoid them. 3. As a class develop a list of 5-10 safety procedures to follow in the home. Discuss each one. Have students state/repeat back. Home Activity: 1. Student and a parent or another family member conduct a home safety inventory. 2. In class, students report on the results of the home activity. Identify and tally the most common safety hazards students encountered. Alternative Instructional Strategy: Provide a picture of a room that includes various safety hazards. Have students identify and safety hazards and what needs to be done to correct them. 	
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Domain: Daily Living Skills

Competency	LCE Plan #/ Objective(s)	Procedures/ Teacher & Aide Responsibilities	Resources/ Materials	Evaluation/ Assessment
Week Three - April 27-May 1 Buying, Preparing, and Consuming Food	Objective(s): Knowing the food groups (balanced meals) Knowing safe food storage (temperatures)	Have a classroom/home discussion on proper nutrition. Emphasize that just because something tastes good, doesn't mean it's nutritious. Pass out the Healthy Dinner Plate handout. From the "Food Groups in My Meals" worksheet, have the students write down or find pictures of typical foods they usually eat in a day for breakfast, lunch, and dinner.	Healthy Dinner Plate handout https://www.hsph.har vard.edu/nutritionsou rce/healthy-eating- plate/	Completion of activities
	Cleanliness (avoid cross contamination) Safety in the Kitchen (sharp	From the "Four Food Groups" worksheet, the students will list 4 foods under each of the 4 food groups and discuss why these foods are important for health. Have students plan one breakfast, one lunch, and	Worksheet: 1.5.20.1.A:1/E:1/P:1	
	objects, hot surfaces, etc.)	one dinner. Write, verbally state or use pictures of foods for each meal. Watch the video, "How Does Cross Contamination Happen?" and discuss what happens when food isn't properly stored.	Video: https://www.youtube. com/watch?v=Xm X5L Jmrbw	

Domain: Self Determination and Interpersonal Skills

Competency	LCE Plan #/ Objective(s)	Procedures/ Teacher & Aide Responsibilities	Resources/ Materials	Evaluation/ Assessment
Week Four - May 4-8 Understanding Self Determination	Objective(s): # 2.10.42.1 Students will become aware of the types of responsibilities that adults have	Lesson Introduction: #1 Everyone has responsibilities. Today, we will discuss the different responsibilities of adult life. It's an opportunity for you to think about the responsibilities you already have as well as the ones you will have in the future, and to discuss how to manage them effectively. Activity: 1. Students discuss their different roles at home, work, school, and other significant parts of their lives and identify their individual responsibilities in each area. 2. Students complete the Personal Responsibilities Worksheet individually during the discussion. Lesson Objective: #2 Students will explore personal responsibilities by interviewing adults about their responsibilities. Instructional Resources: Personal Responsibilities Interview worksheet. Lesson Introduction: Exploring the responsibilities of other people will help you understand what we mean when we use the word "responsibility." It is also important to understand the difference in the responsibilities of a student compared to those of an adult.	Personal responsibility handout # 2.10.42A.1:1 Family show video	Completion of activities

School/Online Activity:	
•1. Discuss the importance of understanding others' responsibilities. Discuss particular responsibilities from the different areas of life discussed in 2.10.42.1.A:1.	
•2. Review the Personal Responsibilities Interview worksheet and explain the home activity.	
•3. Have students practice asking each other the interview questions.	
Time: Up To 1 Session(s) Home Activity:	
•1. Students interview a parent or adult friend and complete the Personal Responsibilities Interview worksheet. •	
•2. Students share interview results with teacher. Compare the different responsibilities of different adults. Discuss: People who have large families have a lot of responsibilities. Different occupations have different amounts of responsibility.	
Alternative Instructional Strategies	
•1. Share with students an episode of a family television show that they can watch with family. Have them discuss different features of family responsibilities being portrayed. Share results with teacher.	

Domain: Self Determination and Interpersonal Skills

Competency	LCE Plan #/	Procedures/	Resources/	Evaluation/
	Objective(s)	Teacher & Aide Responsibilities	Materials	Assessment
Week Five - May 11 - 15 Being Self Aware	Objective(s): LCE Objective 2.11.46.1: Und erstand physical characteristics	 Brainstorm different ways to describe people and adjectives to use. Students add additional categories of description and adjectives to their copy of the fact sheet. Discuss how some terms are more positive than others; have students differentiate between traditionally positive and traditionally negative descriptors Introduce the concept of "distinguishing features," as something that you notice right away when you look at a person. Remind students that words to describe distinguishing features also may be positive or negative. Provide and elicit examples from students. Have students individually complete the My Physical Characteristics worksheet. Review students' worksheets outside of class and discuss individually as needed to emphasize positive characteristics and descriptors of each. *Also, a good time to go over how tall a student is as well. 	-Physical Characteristics worksheet -Physical Characteristics in My Family Worksheet	Student can identify 2-5 positive physical characteristics about him/herself. -Student can identify 2-5 characteristics about him/her and

New Lesson		members of his family.
Have students individually complete the Physical Characteristics in My Family worksheet. Discuss in general terms family resemblances, similarities, and differences.	-Feeling, Thoughts and Actions	-Student will
 New Lesson Define "emotions"—feelings, such as fear, love, hate, sadness, happiness, etc. As the class brainstorms a list of emotions, write them on the board. On a sheet of paper, write the words "Feelings," "Thoughts," and "Actions." Draw arrows among all three to show the interrelationship. Lead a discussion on how emotions affect and are affected by the other two concepts. 	worksheet -thoughts and feelings bubble	identify 1-3 thoughts, and feelings -Student will understand how thoughts and feelings will influence actions
 Emotions are not thoughts but may come from or produce thoughts. 		
 Emotions are not actions but may come from or produce actions. 		
 Provide an example, such as: You realize that it's nice outside. That makes you happy. You decide to go for a walk. 		
4. Present the following example: You are whistling as you walk down the street. A large dog runs toward you, barking and growling. You turn and run toward your house.		
 Have student identify possible thoughts, emotions, and actions related to this example scenario. 		

 Discuss how the three are related in this specific situation. Students should complete the Feelings, Thoughts, and Actions worksheet with adult. Discuss responses afterwards, stressing the interrelationship between emotions, actions and thoughts. Ask students to list some common emotions; write em on a sheet of paper Student should volunteer to share an experience when they experienced one of the listed emotions. Ask them how the emotion affected their thoughts and their actions. Have students complete Part 1 of the Emotional 	https://do2learn.com/organization tools/EmotionsCo lorWheel/index.h tm -About Me Emotions Worksheet - Emotional Check-in (level 1 or 2) - Emotions Worksheet (level 1) -What's Your Take Worksheet	-Student will identify one emotion; how that emotion affects their thoughts and actions
entory worksheet together. Students should complete Part 2 of the Emotional entory worksheet by interviewing an adult at me.		

Domain: Self Determination and Interpersonal Skills

Competency	LCE Plan #/	Procedures/	Resources/	Evaluation/
	Objective(s)	Teacher & Aide Responsibilities	Materials	Assessment
Week Six - May 18-22 Exploring Employment Choices	Objective(s): LCE Objective 3.18.77.1: Ide ntify occupational categories of interest. LCE Objective 3.18.77.2: Ran k areas of personal interest in order of importance in finding an occupation. LCE Objective 3.18.77.3: Ide ntify how interests relate to jobs.	-Speak with the student regarding your line of work, and what you were interested in as a young adult. -Talk about how chose a job or career based on the skills that you have and your interest in it or in other jobs. -Go through the career interests with your student. Should take about 15 minutes to complete Alternative activity: -Student can learn about and complete worksheet related to a few entry level jobs -Also, career exploration by choosing a career and conducting some research on it.	https://www.my nextmove.org/ex plore/ip -Entry Level Jobs posters wit worksheets -Career exploration worksheet	Completion of activities

Domain: Employment Skills

Competency	LCE Plan #/	Procedures/	Resources/	Evaluation/
	Objective(s)	Teacher & Aide Responsibilities	Materials	Assessment
Week Seven - May 25-29 Knowing and Exploring Employment Possibilities	Objective(s): LCE Objective 3.17.71.1: List economic reasons for working at a job. LCE Objective 3.17.71.2: Ide ntify how a job affects building personal and social relationships LCE Objective 3.17.71.3: Ide ntify personal needs that can be met through work.	Have students define "work." Watch why do people work Why people work" on the What Work Means to Me rksheet. Discuss answers. List on paper Typical reasons for working include: Making money Being on my own Being admired Having something to do Being with other people Making use of skills and talents Having a nice place to go to every day Helping others Feeling good about myself Having some responsibility Being creative Leading other people Being recognized by others	https://youtu.be/ I8hdWy Y9oM - What work means to me worksheet	Completion of activities

LCE Objective 3.17.71.4: Des cribe how work relates to one's self- esteem.	Have students list on their worksheets five resonal reasons why they want to work. Discuss student responses. Reinforce comments ated to the four lesson objectives: economic sons to work, how having a job builds personal disocial relationships, personal needs that can be t through work, and how working relates to one's f-esteem.		
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Domain: Employment Skills

Competency	LCE Plan #/	Procedures/	Resources/	Evaluation/
	Objective(s)	Teacher & Aide Responsibilities	Materials	Assessment
Week Eight - June 1-5 Knowing and Exploring Employment Possibilities	Objective(s): 3.18.77.1 3.18.77.2 Identify occupational areas of interest and rank your interests.	The teacher will ask the students to complete a Skills Interest Inventory on the website: https://www.mynextmove.org/explore/ip The teacher will read or use visuals to assist students who need extra assistance in completing the Skills Interest Inventory. The students will watch a video that asks them questions related to different job areas. Career suggestions will be generated, based on how students answer the questions from the YouTube website. The students will have a clearer idea of the career they would like to pursue. https://www.youtube.com/watch?v=V8VrIUumk2w Based on their interests, the students will rank their career choices in order of importance and then research their chosen careers, using the website www.OnetOnline.org. Students will learn about the entry-level requirements for the job of their choice.	1. Job of Interest Worksheet 2. Jobs Matching Worksheet 3. Pencils 4. Pictures of Jobs 5. Students will take the online Career Interest Assessment — https://www.myne xtmove.org/explor e/ip	Completion of activities

Domain: Employment Skills

Competency	LCE Plan #/	Procedures/	Resources/	Evaluation/
	Objective(s)	Teacher & Aide Responsibilities	Materials	Assessment
Week Nine - June 8 -12 Exploring Employment Choices	Objective(s): 1.18.80.2 List specific jobrelated requirements. Identify different aptitudes necessary in the performance of various jobs.	The teacher will help the students identify their vocational strengths and weaknesses using job skills information from the www.OnetOnline.org . Students will analyze the relationships between job demands and disability-related functional limitations. They will discuss possible job accommodation requirements and visit the website https://askjan.org/ to learn about available accommodations for individuals who have disabilities. Based on job requirements and qualifications, the students will determine if they need to reconsider their job choices. Students will consider skill training to help them meet their goal of securing their ideal job. The students will use the information they have to decide on vocational classes they would like for the new school year. After making their job choices, the students will use newspaper and magazine clippings to identify and illustrate three job choices.	1.Newspapers/ Magazines 2. What is their Job? 3. Worksheet (18.77.3A:9) 4. Pencils & Pens 5. Occupations Word Search 6. Job Skill Word	Completion of activities

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