



Our **STRIDES** character trait for the month of
January is **INDEPENDENCE!**



Dear Parent/Guardian,



The independence our students learn in childhood will play a big part in their success as adults. Many children today look to their parents to do things for them that they can actually do themselves with practice. Throughout the month of January, Sunrise Drive students will be making STRIDES to be more independent. We are providing a list of age appropriate tasks that your children can try to do on their own, at home. Please look over the list with your children to decide what you are both comfortable with. They may need help the first few times, but once they are able to do something new, by themselves, we ask that you email us a picture of them performing that task. Some examples may be a picture of your child vacuuming, making themselves a sandwich, using the microwave for the first time or successfully tying their shoes. We will add their picture to “Indy” the independent caterpillar. We want to see Indy grow! Please send it to achaimowitz@sayvilleschools.org We are hoping this project will be eye-opening and heartwarming!



YOU CAN DO IT ALL BY YOURSELF!

Feel free to add your own ideas, break them down or take away where appropriate.

Do something brand NEW for the very first time! (Only need to do once)

- *Make your own chore chart
- *shovel the walkway
- *Clean out the fridge by checking expiration dates
- * Learn to use the microwave
- *Learn to use the toaster
- *Put aside toys you're willing to donate
- *Bring your neighbors garbage pails up to their house
- *Learn to ride your bike without training wheels
- *Create a grocery list
- *Bring the recycle pail to the street
- *Successfully tie your shoes for the first time
- *Write a letter to an elderly neighbor

Now make it a ROUTINE (Do it 5 days in a row)

- * Pick out your clothes for school and get dressed
- *Pack your lunch for school
- *Put away all of your toys
- *Sweep a room and put the broom away
- *Put your clothes in the wash and then transfer to the dryer when ready
- *Get ready for bed without being asked
- *Take the garbage from the house to the pail outside
- *Clear the table after a meal
- *Unload the dishwasher and put it away
- *Do your own hair in the morning
- *Do a chore without being asked
- *Bring in the mail
- *Clean all the windows and doors in a room
- *Make your bed
- *Mop the floor
- *Brush your pets coat
- *Bring your dirty clothes to the hamper
- *Make your own breakfast and clean up after
- *Set the table for dinner
- *Put your folded clothes away
- * Load the dishwasher
- *Hand wash your dishes and put them away
- *Start your homework without being asked
- *Put away the silverware
- *Fold all the towels and put them away
- *Clean the bathroom mirrors