

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
- ☐ _____
- ☐ _____

