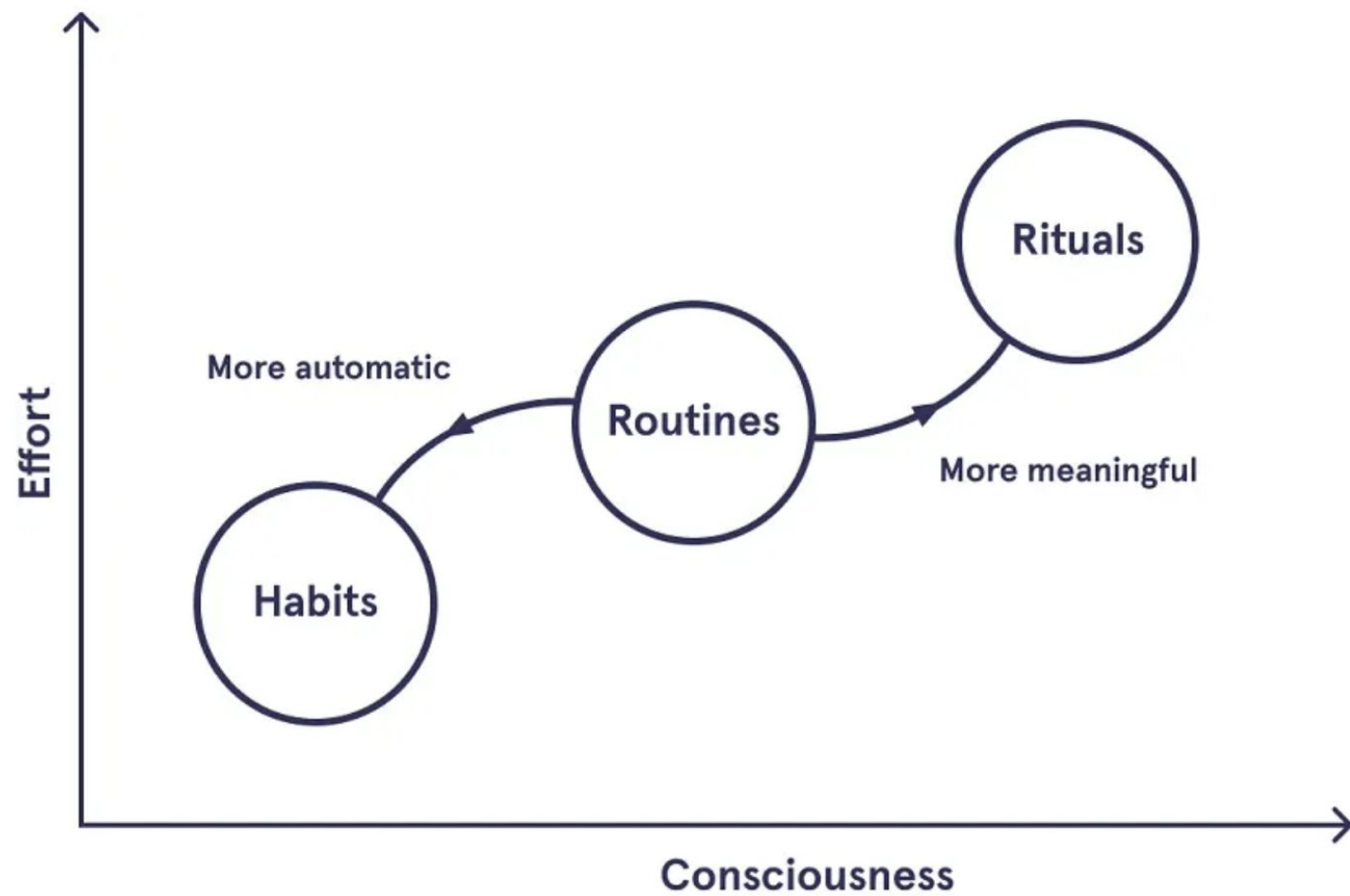




The IDEAL School of Manhattan Speaker Series

Keeping Skills Strong: Supporting Therapy Goals at Home

Thursday, June 4, 2026



Daily Routines

- Grocery Shopping
- Meal Prep & Cooking
 - [Accessiblechef.com](https://www.accessiblechef.com)
- Daily Activity & Physical Fitness



Daily Routines: Grocery Shopping



OT Suggestions

- Shopping list creation
- Shop during “low-traffic” hours
- Build in “heavy work”
- Visual scanning of aisles and items
- Scanning barcodes/tapping CC at self-checkout
- Scavenger hunts / game-like approach

SLP Suggestions

- Category navigation
- Asking for help from a store worker
- Reminding “think it” versus “say it” in public spaces
- Reviewing social expectations based on the setting

PT Suggestions

- Motor planning for navigating crowded environments (parking lot, aisles)
- Pushing cart
- Carrying groceries
- Reaching to shelves/items at different heights

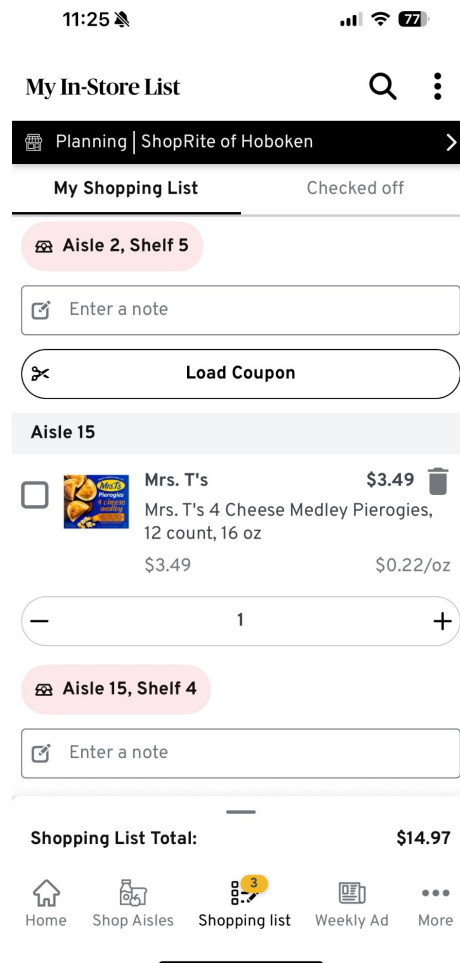
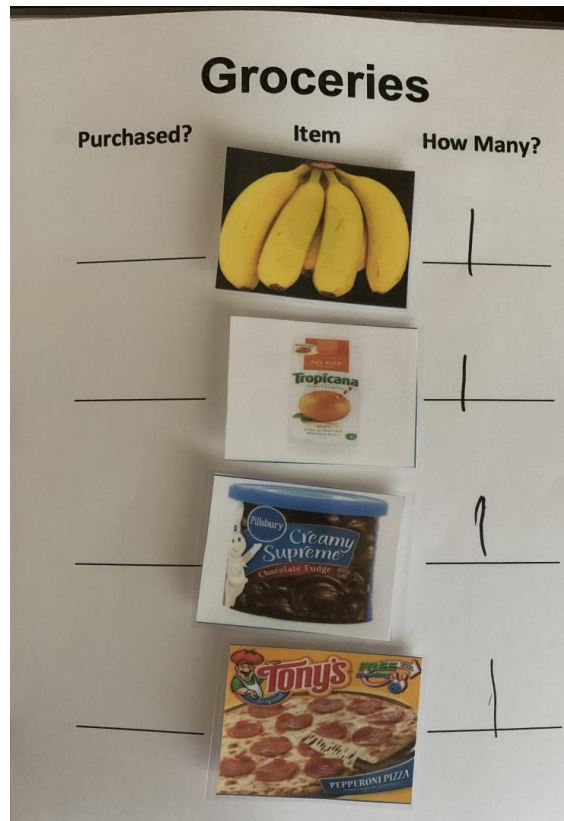
Visual Scanning - Top to Bottom, Left to Right



Visual Shopping Lists



www.RaisingHooks.com



Daily Routines: Meal Preparation & Cooking



OT Suggestions

- Visual recipes
 - [Accessiblechef.com](https://www.accessiblechef.com)
- Plan & prepare snacks for camp/family outing
- Practice with low-stake kitchen appliances
- Washing dishes/clean up

SLP Suggestions

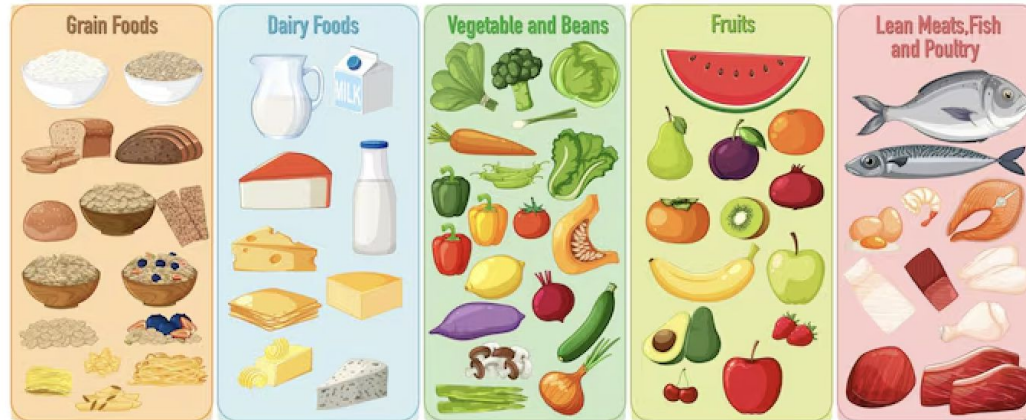
- Talking about categories (fruits, vegetables, snacks, meals, meats)
- Transition words and following directions (First/ Next/ Last; After/ Before)
- Sharing opinions, highlighting differences and similarities

PT Suggestions

- Reaching into cabinets overhead or squatting below
- Carry ingredients from fridge/cabinet to table
- Motor planning for collecting proper tools/ingredients

Meal Prepping: Category Knowledge

1. Write out the ingredient list.
2. Sort the ingredient list into categories with your child: meats, vegetables, fruits, snacks, desserts, items in the fridge versus the pantry etc...
3. Go through your kitchen together and cross off the items as you go. For example where would we find the cheese and eggs? - In the fridge! Go to the fridge and check off the items.



Daily Activity/Physical Fitness



OT Suggestions

- Create simple obstacle courses at home or outside
- Incorporate “heavy work” activities (carry groceries, push laundry baskets, gardening, help with household chores)
- Practice yoga, stretching, or movement breaks (Just Dance on YouTube)

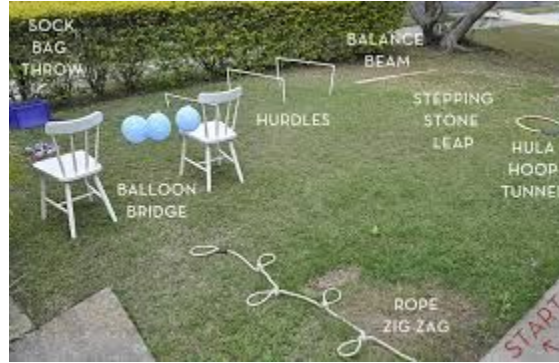
SLP Suggestions

- Texting/ emailing others and include the “When/ Where/What/ Who” to have your student create the plans.
- Talk about the weather and how that affects what we wear
- Commenting on noticing what others in the group are doing to support following a plan

PT Suggestions

- Create an activity/fitness schedule
- Look for movement opportunities (walk to a further stop, take the stairs)
- Embed activity into routines (family walks after dinner)

At Home Obstacle Course



Daily Routines: Laundry & Clean-Up



OT Suggestions

- Gather dirty clothes
- **Sort clothes**
- Load/unload washer
- Add detergent (pour liquids)
- Start machine (visuals for buttons)
- Manage laundry bin
- **Fold clothes**

SLP Suggestions

- **Reading Labels**
- Asking questions and self-advocating
- **Keeping track of timing by using a timer or alarm.**

PT Suggestions

- Carrying laundry basket
- **Going up/down stairs**
- Reaching into washer/dryer
- Picking up clothes/detergent from floor

Sorting & Machine Usage



Schedule Apps - ChoiceWorks App



Visual Timer Apps

- Time Timer
- Visual Countdown Timer



Weather Apps

- What to Wear App



Daily Routines: Leisure Skills



OT Suggestions

- Creation of activity bins (sensory, art, puzzles, legos)
- Start with small, unstructured activity periods (5 minutes)
- Turn-taking & sharing
- Flexible thinking

SLP Suggestions

- Creating a schedule and filling out a calendar together
- Online researching of activities together

PT Suggestions

- Movement breaks
- Can follow pre-made videos/cards (yoga, exercise videos)
- Games that incorporate movement (Twister, bean bag toss, obstacle course)

Activity Bins





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