

FUNCTIONAL ACTIVITY IDEAS: For School and Home

Meaningful inclusion involves being part of activities within the classroom, school, home and community as a whole. Students can actively contribute to their school community through acts of service that make a meaningful impact, as well tasks that develop life skills. Consider your student's interests, and what might be motivating and meaningful. Think about what functional activities involve other peers and staff, to expand the student's circle of interactions and frequency of interactions.

IN THE CLASSROOM

- Buddy reading
- Make announcements (transitions, schedule, take attendance etc.)
- Math brainteaser
- Spelling words
- Calendar
- Counting exercises
- Music, art, gym with individualized adaptations, such as CanTunes app, Waveband app, EazyHold universal cuff for art materials.
- Handout or collect worksheets

IN THE SCHOOL

- Collect attendance and deliver to office
- Deliver notes to peers/staff
- Deliver verbal messages to peers/staff
- Deliver packages to staff
- School store: sell items, use calculator skills, purchase items
- Purchase from vending machine
- Shred paper
- Make Xerox copies
- Sharpen pencils
- Create shopping/wish list
- Mail and post a letter for staff

INDOOR RESPONSIBILITIES

- Water plants
- Laundry (washing machine, dryer, folding, sorting, put away)
- Feed pets/fish
- Clean fish tank
- Wash own dishes
- Sort groceries and put away

- Set the table for snack/lunch

OUTDOOR RESPONSIBILITIES

- Plant flowers/vegetables then harvest them
- Water the garden
- Feed the birds

LEISURE

- Choose TV/Youtube shows from structured options
- Look at flyers for sales before planning meal or shopping trips
- Look at magazines with bright clear images
- Examine maps, and check weather reports before going out, or of other geographic areas where friends/family live
- Plan a daytrip (organize transportation, backpack, cost, sights, weather etc.)
- Write a card/letter to a friend or relative
- Go for a walk and look for specific categories of objects, such as flowers or birds

SIMPLE MEALS PREP

- Frozen juices
- Sandwich
- Pancakes
- Chocolate/flavored milk
- Toast
- Macaroni and cheese
- Trail mix
- Grilled cheese
- Smoothie

IN THE COMMUNITY

- Plan a meal: make a list and shop for groceries
- Use public transit
- Order and purchase meal at fast food restaurant/coffee shop
- Cross the street safely
- Navigate parking lots
- Library: use the computer, choose and check out books
- Shop and purchase clothes
- Bank: make a withdrawal/deposit
- Swimming
- Accessible Horseback riding, bowling

References:

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