

Name: _____

December Self-Help Skills

This month we are focusing on developing self help skills to an independent level. These skills are age appropriate and will allow students to be more self-reliant within the school setting and beyond. To help attain this goal, we have identified skills that should be practiced daily until the skill is mastered.

Week 1: Fastening (Buttons and Snaps)			
Monday (12/2)	Tuesday (12/3)	Wednesday (12/4)	Thursday (12/5)
Week 2: Opening and Closing Lunch Containers and Water Bottles			
Monday (12/9)	Tuesday (12/10)	Wednesday (12/11)	Thursday (12/12)
Week 3: Taking Off and Putting On Outer Clothing			
Monday (12/16)	Tuesday (12/17)	Wednesday (12/18)	Thursday (12/19)
BONUS - Shoe Tying			
Practice 1	Practice 2	Practice 3	Practice 4

This chart should remain in your student's folder and every night, after the specific skill is practiced, color in the corresponding box.

****If a child has not mastered the skill, continue to practice until they are independent.****