NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-learning lesson plans for Mrs. Bierman. Please check the box for every time you complete the activity.

The purpose of this assignment is to have you practice daily living skills while you are self-quarantined and not in school. These activities are for Coffeehouse, Transitions class and Employabiity classes.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| TASK | 3/30 | 3/31 | 4/1 | 4/2 | 4/3 |
| Write today’s date on a piece of paper |  |  |  |  |  |
| Say the Pledge of Allegiance |  |  |  |  |  |
| Write an email and send it to your teacherCindy.bierman@k12.sd.us |  |  |  |  |  |
| Set the table for a family meal |  |  |  |  |  |
| Make a simple meal for your familyWhat did you make? Send me an email and let me know ☺ Pictures would be wonderful. |  |  |  |  |  |
| Sort your clothes and put them in the washing machine, fold them and put them away when they are done. |  |  |  |  |  |
| Draw a picture of your favorite animal |  |  |  |  |  |
| Brush your teeth and comb your hair |  |  |  |  |  |
| Take a shower and wash your hair |  |  |  |  |  |
| Sweep or vacuum the floor |  |  |  |  |  |
| Play a card game with your family |  |  |  |  |  |
| Drink three glasses of water each day |  |  |  |  |  |
| TASK | 3/30 | 3/31 | 4/1 | 4/2 | 4/3 |
| Make/draw a card for someone |  |  |  |  |  |
| Eat two fruits or vegetables today |  |  |  |  |  |
| Clean off the table after a meal |  |  |  |  |  |
| Do the dishes |  |  |  |  |  |
| Make your bed |  |  |  |  |  |
| Read a book to your family  |  |  |  |  |  |
| Continue to make cards for nursing homes, first responders, medical people **PUT THEM IN THE HOMEWORK TOTE ON MONDAYS AND I WILL DELIVER THEM FOR YOU ☺** |  |  |  |  |  |
| Continue to add strips to your paper chain telling what you did today. |  |  |  |  |  |
| Call, text, skype, or email a friend |  |  |  |  |  |
| Check on a neighbor or relative who is in a “high risk” category |  |  |  |  |  |
| Try making a recipe you have never made before and serve your family |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 03/30 | 03/31 | 04/01 | 04/02 | 04/03 |
| Keep track of how many time you washed your hands each day. Use tally marks. |  |  |  |  |  |