

## Daily Living Skills

Personal Hygiene  
Male Personal Hygiene  
Female Personal Hygiene  
Dental Care  
A Trip to the Dentist  
A Trip to the Doctor  
Making an Appointment  
Calling 911  
Calling in Sick  
Pet Care  
Restaurant Etiquette  
School Safety  
Home Safety  
Laundry Care  
Sorting Laundry  
Appropriate Clothing for Weather  
Clothing Care/Repair  
Cleaning House  
Doing Chores  
Fire Safety  
Basic First Aid  
Earth Quake Safety  
Child Care  
Dining Etiquette  
Telling Time  
Measuring Skills  
Calendar Skills  
Time Management  
Common Illnesses Prevention & Treatment  
Setting Goals

## Social Skills

Making friends  
What is a friend  
How to be a friend  
Emotions  
Interrupting others  
Common Courtesy  
Joining a group  
Waiting your turn  
Listening skills  
Apologizing  
Dealing with losing  
Public vs. Private  
Cause and Effect  
My Manners  
Bus Manners  
Telling the truth  
Minding my own business  
Getting to know someone new  
Friendship boundaries  
When names hurt  
Asking appropriate questions  
Asking for help  
Self-control  
Personal Space  
Peer Pressure  
Interrupting others  
Conflict resolution  
Dating  
My rights  
Personal Boundaries  
Body Boundaries  
Good character  
Responsibility  
Handling Criticism  
Bullying  
Dealing with loss

## Job Skills

Explore Occupations  
Realistic Vocational Goals  
Getting a Job  
What is work  
Am I qualified  
Applying for a job  
Filling out an application  
My Resume  
Interview Skills  
Getting hired  
Dressing for success  
Being a good employee  
Social Skills at work  
Safety on the job  
Volunteering  
Changing jobs  
My Pay Check

## Community Awareness

Reading a map  
Public restroom  
Elections and voting  
Seat Belt Safety  
Living Options  
Mailing a letter  
Stranger Danger  
Where I live  
People in my community  
Citizenship Skills  
Street Safety  
Paying taxes  
safety signs  
public transportation  
Recreation and Leisure  
Community Resources  
If You Get Lost

## Health and Nutrition

Basic food groups  
My Plate  
Good Health Habits  
Exercise  
Food storage  
Kitchen safety  
Measuring skills  
Following a recipe  
Planning a Menu  
Writing a grocery list  
Shopping for items

## Functional Math

Coin & Dollar Value  
Counting Money  
Dollar-Up Method  
Paying for items  
Making change  
Banking your money  
Opening a bank account  
Using an ATM  
Making a deposit  
Writing a check  
Using Gift Cards  
Figuring Sales Tax  
Tipping  
Needs vs. Wants  
Making a budget  
Saving Money  
Bargain Shopping  
How Much Will I Need?  
Credit Cards  
Paying bills

## Disability Awareness

Autism

Downs Syndrome

Vision Disability

Hearing Disability

Cognitive Disabilities

Learning Disabilities

Cerebral Palsy

Multiple/Physical Disabilities

Spinal Cord Disability

Psychological Disability

Brain disabilities

Invisible Disabilities