

# **Adaptive Living Skills Curriculum (ALSC)**

## **Breakdown of Goals and Instructional Strategies for Middle School Teachers**

**2015-16 School Year  
Department of Exceptional Children**



# Adaptive Living Skills Curriculum (ALSC)

## 24 Skill Modules Divided by Domain/Book

### Four Domains/Books

1. Personal Living Skills      2. Home Living Skills      3. Community Living Skills      4. Employment Skills

	Domain/Book	Skill Module	Number of Instructional Strategies	Reporting Period Taught
1	Personal Living Skills	Socialization	31	1st Nine Weeks
2	Personal Living Skills	Eating	43	1st Nine Weeks
3	Personal Living Skills	Grooming	31	2nd Nine Weeks
4	Personal Living Skills	Toileting	16	1st Nine Weeks
5	Personal Living Skills	Dressing	51	1st Nine Weeks
6	Personal Living Skills	Health Care	43	3rd Nine Weeks
7	Personal Living Skills	Sexuality	18	2nd Nine Weeks
8	Home Living Skills	Clothing Care	28	2nd Nine Weeks
9	Home Living Skills	Meal Planning and Preparation	55	3rd Nine Weeks
10	Home Living Skills	Home Cleaning and Organization	49	4th Nine Weeks
11	Home Living Skills	Home Maintenance	28	4th Nine Weeks
12	Home Living Skills	Home Safety	43	4th Nine Weeks
13	Home Living Skills	Home Leisure	19	3rd Nine Weeks
14	Community Living Skills	Social Interaction	43	1st Nine Weeks
15	Community Living Skills	Mobility and Travel	35	2nd Nine Weeks
16	Community Living Skills	Time Management	22	2nd Nine Weeks
17	Community Living Skills	Money Management and Shopping	50	3rd Nine Weeks
18	Community Living Skills	Community Safety	34	4th Nine Weeks
19	Community Living Skills	Community Leisure	20	3rd Nine Weeks
20	Community Living Skills	Community Participation	57	4th Nine Weeks
21	Employment Skills	Job Search	14	3rd Nine Weeks
22	Employment Skills	Job Performance and Attitudes	28	1st Nine Weeks
23	Employment Skills	Employee Relations	22	2nd Nine Weeks

24	Employment Skills	Job Safety	14	4th Nine Weeks
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## Adaptive Living Skills Curriculum (ALSC)

### 24 Skill Modules Divided by Report Card Periods

Skill Module	Domain/Book	Number of Instructional Strategies	Reporting Period
<b>Socialization</b>	Personal Living Skills	31	1st Nine Weeks
<b>Eating</b>	Personal Living Skills	43	1st Nine Weeks
<b>Toileting</b>	Personal Living Skills	16	1st Nine Weeks
<b>Dressing</b>	Personal Living Skills	51	1st Nine Weeks
<b>Social Interaction</b>	Community Living Skills	43	1st Nine Weeks
<b>Job Performance and Attitudes</b>	Employment Skills	28	1st Nine Weeks
<b>Grooming</b>	Personal Living Skills	31	2nd Nine Weeks
<b>Sexuality</b>	Personal Living Skills	18	2nd Nine Weeks
<b>Clothing Care</b>	Home Living Skills	28	2nd Nine Weeks
<b>Mobility and Travel</b>	Community Living Skills	35	2nd Nine Weeks
<b>Time Management</b>	Community Living Skills	22	2nd Nine Weeks
<b>Employee Relations</b>	Employment Skills	22	2nd Nine Weeks
<b>Health Care</b>	Personal Living Skills	43	3rd Nine Weeks
<b>Meal Planning and Preparation</b>	Home Living Skills	55	3rd Nine Weeks
<b>Home Leisure</b>	Home Living Skills	19	3rd Nine Weeks
<b>Money Management and Shopping</b>	Community Living Skills	50	3rd Nine Weeks
<b>Community Leisure</b>	Community Living Skills	20	3rd Nine Weeks
<b>Job Search</b>	Employment Skills	14	3rd Nine Weeks
<b>Home Cleaning and Organization</b>	Home Living Skills	49	4th Nine Weeks
<b>Home Maintenance</b>	Home Living Skills	28	4th Nine Weeks
<b>Home Safety</b>	Home Living Skills	43	4th Nine Weeks
<b>Community Safety</b>	Community Living Skills	34	4th Nine Weeks
<b>Community Participation</b>	Community Living Skills	57	4th Nine Weeks
<b>Job Safety</b>	Employment Skills	14	4th Nine Weeks

**1st Nine Weeks**

**Goals and Instructional  
Strategies**

**Adaptive Living Skills Curriculum (ALSC)**  
**1st Nine Weeks Goals and Instructional Strategies**

<b>1.1 Socialization</b>			
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To respond to others</b>	<b>Goal: To attend to objects in the environment</b>	<b>Goal: To initiate interactions with others</b>	<b>Goal: To use appropriate social manners</b>
1.1.1 Looking at others	1.1.7 Reaching for objects	1.1.3 Getting the attention of others	1.1.12 Waving or saying goodbye
1.1.2 Watching the movement of others	1.1.8 Playing with toys or objects	1.1.9 Reaching out to familiar people	1.1.18 Speaking clearly
1.1.4 Separating from parents	1.1.11 Playing alone	1.1.14 Choosing people with whom to interact	1.1.19 Taking turns on an activity
1.1.5 Acknowledging the presence of familiar others	1.1.20 Sharing with others	1.1.15 Asking questions	1.1.22 Obeying rules
1.1.6 Turning toward a voice	1.1.23 Taking turns to use items	1.1.21 Joining others in an activity	1.1.26 Staying on the topic of conversation
1.1.10 Responding when one's name is called		1.1.24 Asking for help or information	1.1.27 Offering sympathy
1.1.13 Following two-step requests		1.1.29 Offering assistance	1.1.28 Being assertive when interrupted
1.1.16 Answering questions			1.1.30 Complimenting others
1.1.17 Helping others when asked			1.1.31 Speaking in turn
1.1.25 Following directions			

<b>3.1 Social Interaction</b>		
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To use social courtesies</b>	<b>Goal: To initiate and respond to social interactions</b>	<b>Goal: To develop interpersonal skills</b>
3.1.1 Greeting a familiar person	3.1.5 Loaning items to others	3.1.2 Accepting help
3.1.3 Looking at someone who is speaking	3.1.8 Participating in peer selected activities	3.1.9 Accepting people with differences
3.1.4 Greeting people by name	3.1.11 Waiting for an event to begin	3.1.10 Refusing unnecessary help
3.1.6 Conversing at mealtime	3.1.12 Asking others to join in an activity	3.1.17 Giving directions to peers
3.1.7 Carrying on a conversation	3.1.13 Working with others	3.1.20 Accepting criticism
3.1.15 Using polite verbal responses	3.1.14 Asking to join in an activity	3.1.21 Offering sympathy

<b>3.1 Social Interaction</b>		
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To use social courtesies</b>	<b>Goal: To initiate and respond to social interactions</b>	<b>Goal: To develop interpersonal skills</b>
3.1.16 Offering to clean up after an accident	3.1.18 Borrowing another's items	3.1.23 Accepting consequences
3.1.19 Knocking before entering a room	3.1.22 Volunteering for projects or activities	3.1.24 Discussing sad feelings
3.1.35 Shaking hands	3.1.28 Refusing to do something wrong	3.1.25 Discussing hurt feelings
3.1.36 Introducing others	3.1.31 Accepting different ideas	3.1.26 Protecting self against physical or verbal attack
	3.1.32 Responding to undeserved punishment or criticism	3.1.27 Expressing an opinion
	3.1.39 Setting differences of opinion	3.1.29 Obeying rules
	3.1.40 Going out with a group	3.1.30 Avoiding a fight
	3.1.41 Congratulating winners	3.1.33 Acknowledging accomplishments of others
	3.1.42 Going out with one friend	3.1.34 Refusing a request
		3.1.37 Expressing anger
		3.1.38 Solving personal problems
		3.1.43 Criticizing others constructively

<b>1.5 Dressing</b>					
<b>Weeks 1-3</b>	<b>Weeks 1-3</b>	<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To dress with assistance</b>	<b>Goal: To select clothing items</b>	<b>Goal: To wear accessories</b>	<b>Goal: To put on clothing items</b>	<b>Goal: To remove clothing items</b>	<b>Goal: To manipulate fasteners</b>
1.5.1 Cooperating with assistance in dressing	1.5.34 Choosing clothes that are clean and in good repair	1.5.20 Taking off a buckled belt	1.5.7 Putting on a hat or cap	1.5.2 Taking off a hat or cap	1.5.5 Pulling apart Velcro fasteners on shoes
	1.5.35 Choosing clothes for weather conditions	1.5.27 Taking off a clip-on tie	1.5.8 Pulling on and taking of slip-on footwear	1.5.3 Taking off socks	1.5.15 Unzipping a non-separating zipper
	1.5.36 Choosing clothes for specific circumstances	1.5.32 Putting on and fastening a belt	1.5.9 Putting on clothes with an elastic waistband	1.5.4 Taking off mittens or gloves	1.5.16 Zipping a non-separating zipper

## 1.5 Dressing

Weeks 1-3	Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 7-9
<b>Goal: To dress with assistance</b>	<b>Goal: To select clothing items</b>	<b>Goal: To wear accessories</b>	<b>Goal: To put on clothing items</b>	<b>Goal: To remove clothing items</b>	<b>Goal: To manipulate fasteners</b>
	1.5.47 Coordinating an outfit	1.5.37 Opening and closing an umbrella	1.5.12 Putting on and fastening shoes with Velcro strips	1.5.6 Taking off clothes with an elastic waistband	1.5.21 Unzipping a separating zipper
	1.5.48 Choosing a fashionable outfit	1.5.38 Putting on and taking off a watch or jewelry	1.5.13 Putting on socks	1.5.10 Removing clothing over the head	1.5.22 Unfastening buttons or snaps on clothing
	1.5.50 Choosing clothes for a trip	1.5.40 Putting on a clip-on tie	1.5.14 Pulling on clothes over the head	1.5.11 Taking off laced shoes	1.5.24 Buttoning or snapping clothing
		1.5.42 Untying and taking off a necktie or scarf	1.5.17 Putting on mittens or gloves	1.5.23 Taking off pantyhose (female)	1.5.31 Zipping a separating zipper
		1.5.51 Tying a neckties (males)	1.5.18 Putting shoes on the correct feet	1.5.41 Unfastening and taking off bra (females)	1.5.33 Tying shoelaces
			1.5.19 Putting on a dress or full slip (females)		1.5.44 Opening and closing a safety pin
			1.5.25 Turning clothing right side out		1.5.49 Unfastening clothing in the back
			1.5.26 Tucking in a shirt or blouse		
			1.5.29 Putting on a one-piece outfit		
			1.5.30 Putting on boots		
			1.5.39 Putting on pantyhose (female)		
			1.5.43 Putting on an athletic supporter (male)		
			1.5.45 Pulling on a bra (female)		
			1.5.46 Adjusting clothing		



<b>1.2 Eating</b>		
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To develop basic eating skills</b>	<b>Goal: To use utensils for eating</b>	<b>Goal: To display acceptable table manners</b>
1.2.1 Sucking from a nipple	1.2.8 Scooping soft foods with a spoon	1.2.4 Sitting in a chair with support
1.2.2 Holding a baby bottle	1.2.9 Scooping pieces of solid food with a spoon	1.2.5 Eating with the head up
1.2.3 Swallowing soft foods	1.2.10 Drinking from a cup with a handle	1.2.24 Chewing with the mouth closed
1.2.6 Eating crisp foods	1.2.13 Drinking from a glass	1.2.25 Swallowing between bites
1.2.7 Swallowing liquids from a cup	1.2.15 Scooping soft foods with a fork	1.2.29 Using a napkin
1.2.11 Chewing and swallowing solid foods	1.2.16 Drinking from a can	1.2.33 Asking for food to be passed
1.2.12 Licking ice cream from a cone	1.2.17 Drinking from a water fountain	1.2.40 Placing utensils on the plate
1.2.14 Eating hand-held foods	1.2.18 Sucking liquid through a straw	
1.2.19 Removing wrappers from food	1.2.20 Filling a water glass from a faucet	
1.2.22 Testing hot foods or liquids before eating or drinking them	1.2.21 Drinking from a bottle	
1.2.26 Tasting new foods	1.2.23 Piercing food with a fork	
1.2.27 Sucking on hard candy	1.2.28 Scooping pieces of solid food with a fork	
1.2.35 Seasoning food	1.2.30 Cutting soft foods with the side of a fork	
1.2.42 Removing a skin or shell	1.2.31 Pouring liquid from a pitcher or bottle	
	1.2.32 Selecting the correct utensil	
	1.2.34 Spreading with a knife	
	1.2.36 Opening a carton of liquid	
	1.2.37 Serving from a bowl	
	1.2.38 Opening a tab-top can	
	1.2.39 Opening a bottle	
	1.2.41 Slicing food with a knife	
	1.2.43 Cutting meat into bite size pieces	

<b>1.4 Toileting</b>		
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>

<b>Goal: To establish independent toileting habits</b>	<b>Goal: To establish independent toileting habits</b>	<b>Goal: To follow bathroom routines</b>
1.4.3 Indicating discomfort with a toileting accident	1.4.8 Toileting independently	1.4.13 Adjusting clothing after toileting
1.4.4 Remaining unsoiled throughout the night	1.4.11 Remaining dry during the night	1.4.14 Wiping with toilet paper
1.4.5 Remaining unsoiled throughout the day		1.4.15 Closing the door when toileting
1.4.6 Remaining dry during the day	<b>Goal: To follow bathroom routines</b>	1.4.16 Using pants with a fly (males)
1.4.7 Communicating a need for toileting assistance	1.4.1 Pulling down clothing before toileting	
	1.4.2 Voiding when sitting on the toilet	
	1.4.9 Flushing the toilet	
	<b>Goal: To follow bathroom routines</b>	
	1.4.10 Standing to urinate (males)	
	1.4.12 Asking for help with bathroom problems	

<b>4.2 Job Performance and Attitudes</b>					
<b>Weeks 1-3</b>	<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>	<b>Weeks 7-9</b>
<b>Goal: To attend work regularly</b>	<b>Goal: To get to work on time</b>	<b>Goal: To get work materials ready</b>	<b>Goal: To work with minimal supervision</b>	<b>Goal: To finish job tasks</b>	<b>Goal: To increase work effort</b>
4.2.11 Attending work consistently	4.2.2 Reporting to a work area	4.2.9 Asking for job materials	4.2.1 Locating areas at work	4.2.6 Informing a supervisor of a completed task	4.2.4 Meeting supervisor's specifications
4.2.14 Asking to leave the work area	4.2.8 Arriving on time	4.2.20 Obtaining materials needed for a job	4.2.3 Grooming and dressing appropriately	4.2.7 Following job instructions	4.2.10 Increasing production rate
4.2.19 Leaving work due to illness	4.2.12 Returning from break	4.2.21 Bringing personal work	4.2.5 Following rules at work	4.2.22 Putting materials away	4.2.26 Meeting a deadline
4.2.27 Reporting absence or tardiness	4.2.23 Using a time clock		4.2.1 Starting to work on your own <sup>3</sup>	4.2.2 Finishing a task <sup>4</sup>	
			4.2.15 Reporting accidents or problems	4.2.25 Completing a multiple-step task	
			4.2.16 Assisting co-workers		
			4.2.17 Asking questions about an unfamiliar work task		

## 4.2 Job Performance and Attitudes

Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 7-9	Weeks 7-9
Goal: To attend work regularly	Goal: To get to work on time	Goal: To get work materials ready	Goal: To work with minimal supervision	Goal: To finish job tasks	Goal: To increase work effort
			4.2.18 Working in the presence of distractions		
			4.2.28 Talking to co-workers on the job		

# 2nd Nine Weeks

# Goals and Instructional Strategies



**Adaptive Living Skills Curriculum (ALSC)**  
**2nd Nine Weeks Goals and Instructional Strategies**

<b>3.3 Time Management</b>		
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To use a calendar</b>	<b>Goal: To tell time</b>	<b>Goal: To apply general time concepts</b>
3.3.4 Naming the current day	3.3.13 Telling time	3.3.1 Stating own age
3.3.7 Stating own birthday	3.3.14 Arriving at a specified time	3.3.2 Making reference to weekends
3.3.8 Adapting to seasonal changes	3.3.15 Reading times on printed schedules	3.3.3 Making reference to morning, afternoon, and evening
3.3.9 Stating the date	3.3.17 Using a timer	3.3.5 Doing a task now or later
3.3.10 Writing own birth date	3.3.18 Setting a clock or watch	3.3.6 Following a routine
3.3.12 Writing a specific year	3.3.19 Setting an alarm clock	3.3.11 Relating past and future events
3.3.16 Writing the current date		
3.3.20 Indicating availability for appointments		
3.3.21 Discarding outdated materials		
3.3.22 Recording events on a calendar		

<b>3.2 Mobility and Travel</b>		
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To enter and move around within buildings</b>	<b>Goal: To move around the community</b>	<b>Goal: To travel on public transportation (see Table 3)</b>
3.2.1 Walking up and down stairs	3.2.2 Walking on a busy sidewalk	3.2.14 Taking an assigned seat on a plane, train or bus
3.2.3 Using an automatic door	3.2.9 Locating a neighbor's home	3.2.16 Arriving at the bus or train stop on time
3.2.4 Opening and closing doors with various opening mechanisms	3.2.10 Finding familiar locations	3.2.17 Getting off at a destination
3.2.5 Using a revolving door	3.2.12 Walking through crowded areas	3.2.19 Choosing the correct bus or train
3.2.6 Using an escalator	3.2.13 Asking directions to a location	3.2.20 Directing a taxi driver
3.2.7 Using an elevator	3.2.15 Reaching a destination several blocks from home	3.2.21 Using a bus or train transfer
3.2.8 Opening a lock with a key	3.2.31 Checking into a motel or hotel	3.2.22 Arranging to ride in a car-pool
3.2.11 Finding designated offices or rooms in a building	3.2.33 Obtaining a driver's permit	3.2.23 Claiming luggage

### 3.2 Mobility and Travel

Weeks 1-3	Weeks 4-6	Weeks 7-9
<b>Goal: To enter and move around within buildings</b>	<b>Goal: To move around the community</b>	<b>Goal: To travel on public transportation (see Table 3)</b>
3.2.18 Unlocking areas or items secured with a padlock	3.2.35 Obtaining a driver's license	3.2.24 Checking luggage
		3.2.25 Locating a departure gate
		3.2.26 Riding a bus or train
		3.2.27 Calling a taxi
		3.2.28 Signaling a taxi
		3.2.29 Choosing methods of transportation
		3.2.30 Using a map as a guide
		3.2.32 Making transportation reservations in advance
		3.2.34 Using a travel agent

### 1.3 Grooming

Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 7-9	Weeks 7-9
<b>Goal: To wash or bathe</b>	<b>Goal: To care for teeth and mouth</b>	<b>Goal: To perform miscellaneous grooming tasks</b>	<b>Goal: To care for hair</b>	<b>Goal: To shave</b>	<b>Goal: To care for nails</b>
1.3.1 Washing and drying hands	1.3.5 Brushing teeth	1.3.3 Blowing or wiping the nose	1.3.6 Combing or brushing hair	1.3.25 Shaving facial hair (males)	1.3.17 Cleaning fingernails
1.3.2 Adjusting the water flow	1.3.14 Using mouthwash	1.3.9 Cleaning and storing grooming items	1.3.10 Washing, rinsing and drying hair	1.3.28 Shaving legs and underarms (females)	1.3.18 Putting on fingernail polish (females)
1.3.4 Washing and drying the face	1.3.22 Flossing teeth	1.3.12 Checking appearance after grooming	1.3.11 Putting barrettes or hairpins in hair (females)	1.3.30 Trimming a moustache and/or beard (males)	1.3.19 Trimming or filing fingernails
1.3.7 Taking a bath or shower		1.3.15 Putting on deodorant or antiperspirant	1.3.13 Drying hair with a blow dryer		1.3.20 Trimming toenails
1.3.8 Adjusting the water temperature		1.3.16 Applying perfume, cologne or aftershave	1.3.26 Applying hairspray or styling gel		1.3.24 Trimming hangnails

1.3 Grooming					
Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 7-9	Weeks 7-9
Goal: To wash or bathe	Goal: To care for teeth and mouth	Goal: To perform miscellaneous grooming tasks	Goal: To care for hair	Goal: To shave	Goal: To care for nails
		1.3.21 Removing makeup (females)	1.3.27 Curling hair (females)		1.3.31 Pushing back cuticles
		1.3.23 Applying makeup (females)	1.3.29 Getting a haircut		

1.7 Sexuality		
Weeks 1-3	Weeks 4-6	Weeks 7-9
Goal: To understand one's body and its functions	Goal: To respond appropriately in social/sexual situations	Goal: To show responsibility for sexual behavior
1.7.1 Identifying males and females	1.7.2 Undressing in privacy	1.7.8 Engaging in intimate behaviors
1.7.6 Describing changes occurring during puberty	1.7.3 Masturbating only in private	1.7.9 Describing the signs of pregnancy
1.7.7 Understanding reproduction	1.7.4 Discussing sexual concerns	1.7.11 Choosing whether to use birth control
	1.7.5 Responding to a sexual assault	1.7.12 Selecting a method of birth control
	1.7.10 Obtaining counseling	1.7.13 Preventing sexually transmitted disease
	1.7.17 Refusing unwanted sexual advances	1.7.14 Using a method of birth control
		1.7.15 Obtaining treatment for a sexually transmitted disease
		1.7.16 Obtaining a pregnancy test (female)
		1.7.18 Resolving an unplanned pregnancy

2.1 Clothing Care		
Weeks 1-3	Weeks 4-6	Weeks 7-9
Goal: To store clothing properly	Goal: To perform laundry tasks	Goal: To make minor repairs clothing
2.1.2 Storing footwear	2.1.1 Placing dirty clothing in a hamper	2.1.6 Discarding clothes that cannot be repaired
2.1.3 Hanging clothing on hangers	2.1.9 Washing clothes at a scheduled time	2.1.7 Replacing shoelaces
2.1.4 Folding clean laundry	2.1.10 Operating a washer	2.1.8 Removing loose threads or tags
2.1.5 Storing clean clothes	2.1.11 Operating a dryer	2.1.16 Polishing shoes

2.1.14 Storing out-of-season clothes	2.1.12 Hanging clothes on a line	2.1.21 Arranging to have shoes repaired
	2.1.13 Brushing off dirt, lint, or pet hair	2.1.24 Sewing on a button
	2.1.15 Drying leather items	2.1.25 Arranging to have clothes repaired
	2.1.17 Separating washable and nonwashable clothes	2.1.26 Mending minor tears by hand
	2.1.18 Using coin-operated washers and dryers	2.1.27 Mending tears with a sewing machine
	2.1.19 Ironing clothes	2.1.28 Hemming clothes
	2.1.20 Removing stains	
	2.1.22 Arranging to have clothes dry cleaned	
	2.1.23 Washing clothes by hand	

<b>4.3 Employee Relationships</b>		
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To interact with co-workers</b>	<b>Goal: To respond to supervisors</b>	<b>Goal: To use banking services</b>
4.3.4 Loaning materials or equipment to a co-worker	4.3.1 Accepting assistance	3.4.18 Cashing a paycheck
4.3.5 Conversing with co-workers	4.3.2 Making eye contact	3.4.34 Withdrawing money from a bank account
4.3.8 Cooperating on a joint task	4.3.3 Making changes on the job	3.4.35 Opening a savings account
4.3.9 Explaining a task to a co-worker	4.3.6 Asking for assistance	3.4.36 Depositing money into a bank account
4.3.12 Using a co-worker's materials or equipment	4.3.7 Speaking positively about personal work	3.4.45 Opening a checking account
4.3.14 Acknowledging accomplishments of others	4.3.10 Responding to criticism	3.4.47 Writing checks within the account balance
4.3.16 Resolving disagreements with co-workers	4.3.11 Respecting private offices or work areas	3.4.48 Balancing a checkbook
	4.3.13 Offering to do extra work	
	4.3.15 Accepting negative consequences	<b>Goal: To understand financial documents</b>
	4.3.17 Discussing a complaint	3.4.29 Checking the accuracy of gross pay
	4.3.18 Attempting to solve problems before seeking help	3.4.33 Signing a contract
	4.3.19 Discussing personal problems	3.4.38 Paying bills on time
	4.3.20 Expressing an opinion	3.4.40 Saving sales receipts and warranties
	4.3.21 Refusing to be dishonest	3.4.41 Purchasing insurance
	4.3.22 Discussing undeserved criticism or consequences	3.4.42 Filing income tax forms





**3rd Nine Weeks**

**Goals and Instructional  
Strategies**

**Adaptive Living Skills Curriculum (ALSC)**  
**3rd Nine Weeks Goals and Instructional Strategies**

<b>3.4 Money Management and Shopping</b>			
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>	<b>Weeks 7-9</b>
<b>Goal: To purchase goods and services</b>	<b>Goal: To shop for needed items</b>	<b>Goal: To shop for clothing</b>	<b>Goal: To budget money</b>
3.4.1 Paying for an item equal in cost to a single coin	3.4.2 Paying for items at a cashier's counter	3.4.5 Trying on clothes for proper fit	3.4.27 Planning purchases within a budget
3.4.4 Paying for an item that costs less than one dollar	3.4.3 Putting purchases away	3.4.7 Selecting clothes for a specific occasion	3.4.28 Saving money
3.4.12 Buying items from a vending machine	3.4.6 Locating departments within a large store	3.4.9 Selecting protective clothes for different weather conditions	3.4.30 Borrowing money from others
3.4.14 Paying for an item that costs more than one dollar	3.4.8 Carrying purchased items	3.4.19 Selecting clothes of the correct size	3.4.32 Writing a monthly budget
3.4.16 Paying the exact amount for an item that costs less than one dollar	3.4.10 Requesting assistance from a salesperson		
3.4.17 Counting change from a purchase costing less than one dollar	3.4.11 Placing items in a shopping cart		
3.4.20 Purchasing a meal or snack	3.4.13 Locating specialty stores		
3.4.21 Purchasing the best buy	3.4.15 Selecting items in sealed packages		
3.4.22 Paying the exact amount for an item that costs more than one dollar	3.4.23 Selecting items at the best price		
3.4.24 Making a donation	3.4.26 Making a shopping list		
3.4.25 Purchasing with coupons			
3.4.31 Returning purchases			
3.4.37 Making a mail-order purchase			
3.4.39 Leaving a tip			
3.4.43 Paying a taxi fare			
3.4.44 Adding sales tax to the purchase price			

### 3.4 Money Management and Shopping

Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 7-9
<b>Goal: To purchase goods and services</b>	<b>Goal: To shop for needed items</b>	<b>Goal: To shop for clothing</b>	<b>Goal: To budget money</b>
3.4.46 Paying for an item with a check			
3.4.49 Purchasing with a credit card			
3.4.50 Buying and using traveler's checks			

### 2.2 Meal Planning and Preparation

Weeks 1-3	Weeks 1-3	Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 4-6	Weeks 7-9	Weeks 7-9
<b>Goal: To practice good hygiene while working with food</b>	<b>Goal: To prevent injury when cooking</b>	<b>Goal: To prepare uncooked foods and meals</b>	<b>Goal: To prepare food items for cooking</b>	<b>Goal: To follow recipes and directions in preparing foods</b>	<b>Goal: To cook foods using different procedures</b>	<b>Goal: To operate kitchen appliances and equipment</b>	<b>Goal: To serve a meal</b>	<b>Goal: To clean a kitchen after a meal</b>
2.2.24 Washing hands before handling food	2.5.16 Turning off a stove and oven	2.2.2 Preparing a snack	2.2.33 Cutting or chopping food	2.2.6 Mixing ingredients with a spoon	2.2.21 Mixing a hot drink	2.2.4 Opening and closing boxes	2.2.1 Scooping food out of a jar	2.2.3 Clearing the table after a meal
2.2.30 Wiping off hands	2.5.17 Picking up hot pans and dishes	2.2.8 Making a sandwich	2.2.36 Peeling fruits or vegetables	2.2.40 Measuring ingredients	2.2.31 Stirring food as it cooks	2.2.5 Opening and closing screw caps on jars and bottles	2.2.11 Setting the table	2.2.9 Putting silverware away
	2.5.20 Cooking on stove-top burners	2.2.14 Obtaining ice cubes		2.2.43 Mixing food with a mixer or blender	2.2.38 Baking food in an oven	2.2.7 Opening and closing plastic containers	2.2.20 Serving food	2.2.12 Wiping the table
	2.5.30 Uncovering hot food	2.2.15 Making a bag lunch		2.2.48 Following a recipe	2.2.39 Popping popcorn	2.2.10 Making toast	2.2.34 Placing food in serving dishes	2.2.13 Rinsing dirty dishes

## 2.2 Meal Planning and Preparation

Weeks 1-3	Weeks 1-3	Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 4-6	Weeks 7-9	Weeks 7-9
Goal: To practice good hygiene while working with food	Goal: To prevent injury when cooking	Goal: To prepare uncooked foods and meals	Goal: To prepare food items for cooking	Goal: To follow recipes and directions in preparing foods	Goal: To cook foods using different procedures	Goal: To operate kitchen appliances and equipment	Goal: To serve a meal	Goal: To clean a kitchen after a meal
	2.5.31 Moving flammable objects away from stove tops	2.2.25 Washing fruits and vegetables			2.2.44 Boiling food	2.2.18 Using a bottle opener	2.2.37 Putting hot dishes on a trivet	2.2.16 Taking dishes from a dishwasher
	2.5.33 Dressing safely for cooking	2.2.28 Mixing a cold drink			2.2.47 Cooking in a microwave oven	2.2.19 Using a potholder	2.2.51 Using leftovers	2.2.17 Washing dishes by hand
	2.5.35 Putting pans on a stove				2.2.49 Frying food	2.2.23 Loading and operating a dishwasher	2.2.52 Planning a complete meal	2.2.22 Drying dishes with a towel
					2.2.50 Broiling food	2.2.27 Opening a can	2.2.53 Preparing a complete meal	2.2.26 Putting food in a refrigerator or freezer
					2.2.54 Using a food thermometer	2.2.41 Setting the oven temperature	2.2.55 Planning a weekly menu	2.2.29 Storing leftovers
						2.2.42 Adjusting a stove burner		2.2.32 Throwing away garbage
						2.2.46 Setting a timer		2.2.35 Cleaning up the kitchen
								2.2.45 Using a garbage disposal

## 1.6 Health Care

Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 7-9	Weeks 7-9
<b>Goal: To prevent illness by establishing good health habits</b>	<b>Goal: To use first aid procedures to treat minor illnesses or injuries</b>	<b>Goal: To use emergency procedures for major illnesses or injuries</b>	<b>Goal: To take medications</b>	<b>Goal: To wear prosthetic or corrective devices</b>
1.6.3 Getting sufficient sleep	1.6.7 Caring for minor cuts and scrapes	1.6.29 Calling for emergency assistance	1.6.1 Swallowing liquid medicines	1.6.5 Allowing others to put on and take off a prosthetic device
1.6.4 Using personal belongings	1.6.9 Caring for a sunburn	1.6.36 Caring for heavy bleeding	1.6.2 Swallowing a pill or capsule	1.6.20 Putting on and wearing a corrective device
1.6.6 Covering a cough or a sneeze	1.6.15 Treating minor burns	1.6.37 Treating someone who is poisoned	1.6.8 Taking own medicine	1.6.21 Taking off and storing a corrective device
1.6.10 Avoiding sunstroke	1.6.17 Caring for blisters	1.6.41 Helping someone who is choking	1.6.16 Storing medicine	
1.6.11 Applying lip balm	1.6.23 Caring for a nosebleed	1.6.43 Performing mouth-to-mouth resuscitation or CPR	1.6.18 Taking medicine as directed	
1.6.12 Eating nutritious meals	1.6.24 Caring for skin rashes		1.6.30 Getting a prescription filled or refilled	
1.6.13 Applying skin lotion	1.6.26 Taking out splinters			
1.6.14 Exercising to maintain fitness	1.6.28 Applying a heating pad			
1.6.19 Following a specific diet	1.6.31 Taking body temperature			
1.6.22 Treating pimples or blemishes	1.6.42 Treating frostbite or overexposure to cold			
1.6.25 Weighing self				
1.6.27 Putting on a sunscreen				
1.6.32 Making a medical or dental appointment				
1.6.33 Choosing not to smoke				
1.6.34 Drinking alcohol in moderation or not at all				

<b>1.6 Health Care</b>				
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>	<b>Weeks 7-9</b>
<b>Goal: To prevent illness by establishing good health habits</b>	<b>Goal: To use first aid procedures to treat minor illnesses or injuries</b>	<b>Goal: To use emergency procedures for major illnesses or injuries</b>	<b>Goal: To take medications</b>	<b>Goal: To wear prosthetic or corrective devices</b>
1.6.35 Obtaining treatment for urogenital problems				
1.6.38 Self-examining the testicles (males)				
1.6.39 Self-examining the breasts (females)				
1.6.40 Arranging for periodic medical and dental checkups				

<b>2.6 Home Leisure</b>		
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To participate in activities with others</b>	<b>Goal: To engage in solitary activities</b>	<b>Goal: To develop leisure habits</b>
2.6.4 Participating in a group activity	2.6.2 Playing a stereo, tape player, or radio	2.6.1 Selecting a preferred activity
2.6.7 Participating in active games	2.6.3 Looking at books, newspapers, or magazines	2.6.8 Trying new leisure activities
2.6.12 Playing table or card games	2.6.5 Completing models or puzzles	2.6.17 Setting a goal for improvement
2.6.13 Inviting friends to visit	2.6.6 Handling pets	
	2.6.9 Using art materials	
	2.6.10 Doing quiet activities alone	
	2.6.11 Exercising for fitness	
	2.6.14 Making a collection	
	2.6.15 Selecting television programs	
	2.6.16 Following directions for a craft project	
	2.6.18 Growing house plants	
	2.6.19 Growing vegetables or flowers	

### **3.6 Community Leisure**

<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To develop social interaction</b>	<b>Goal: To develop specific recreational skills</b>	<b>Goal: To develop leisure habits</b>
3.6.2 Participating in a group activity	3.6.4 Riding in a boat	3.6.1 Choosing an activity
3.6.5 Going to a party	3.6.9 Swimming	3.6.3 Attending community events
3.6.7 Playing active games with others	3.6.12 Taking an extended trip	3.6.6 Attending sporting events
3.6.8 Getting together with friends	3.6.15 Taking photographs with a camera	3.6.10 Participating in a solitary activity
3.6.14 Attending meetings of an organization	3.6.16 Attending instructional classes	3.6.11 Planning and attending events
	3.6.19 Planning a picnic	3.6.13 Choosing various physical activities
		3.6.17 Exercising weekly
		3.6.18 Going on a daytime trip alone
		3.6.20 Setting and reaching a goal for improvement

<b>4.1 Job Search</b>		
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To apply for a job</b>	<b>Goal: To interview for a job</b>	<b>Goal: To obtain a job</b>
4.1.3 Matching personal skills to those needed to do a job	4.1.2 Arriving on time and dressed appropriately for a job interview	4.1.1 Indicating a job preference
4.1.6 Requesting a letter of recommendation	4.1.4 Asking and answering questions during a job interview	4.1.5 Accepting a job
4.1.8 Completing a job application	4.1.12 Requesting an interview	4.1.7 Contacting employment agencies
4.1.9 Taking needed material to apply for a job		4.1.10 Finding job openings in a newspaper
4.1.11 Preparing a resume		4.1.14 Obtaining information about a job
4.1.13 Inquiring about job openings		



**4th Nine Weeks**

**Goals and Instructional  
Strategies**

**Adaptive Living Skills Curriculum (ALSC)**  
**4th Nine Weeks Goals and Instructional Strategies**

<b>3.7 Community Participation</b>				
<b>Weeks 1-3</b>	<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>	<b>Weeks 7-9</b>
<b>Goal: To use public restrooms</b>	<b>Goal: To use a telephone</b>	<b>Goal: To eat in a restaurant</b>	<b>Goal: To use community services</b>	<b>Goal: To participate in civic activities</b>
3.7.1 Removing toilet paper from a dispenser	3.7.9 Answering a telephone	3.7.6 Waiting in a cafeteria line	3.7.20 Opening your own mail	3.7.31 Discussing current events
3.7.2 Drying hands with a paper towel or air dryer	3.7.18 Responding to incomplete telephone calls	3.7.8 Removing cafeteria trays	3.7.24 Using a library	3.7.40 Paying consequences for violating laws
3.7.3 Latching a toilet stall door	3.7.22 Completing a telephone call	3.7.10 Carrying a food tray	3.7.29 Contacting a caseworker	3.7.45 Working on a community project
3.7.4 Using a soap dispenser	3.7.25 Taking a telephone message	3.7.11 Using a beverage dispenser	3.7.35 Mailing a letter or package	3.7.47 Expressing an opinion in public meetings
3.7.5 Entering a restroom for the appropriate sex	3.7.27 Answering telephone calls when home alone	3.7.12 Moving through a cafeteria line	3.7.36 Reporting a lost item	3.7.56 Voting in an election
3.7.7 Using a urinal (male)	3.7.28 Writing down frequently called telephone numbers	3.7.13 Eating in a moving vehicle	3.7.37 Turning in an item to a lost-and-found department	
3.7.14 Asking for directions to a rest room	3.7.30 Calling for help in an emergency	3.7.15 Ordering a beverage	3.7.38 Reporting a theft	
3.7.39 Covering a toilet seat with paper	3.7.32 Locating a public telephone	3.7.16 Selecting a fast-food meal	3.7.50 Obtaining a license or permit	
	3.7.33 Obtaining information by telephone	3.7.17 Obtaining utensils and condiments	3.7.52 Contacting community and professional services	
	3.7.34 Responding to telephone sales calls	3.7.19 Ordering food from a server	3.7.53 Making an appointment	
	3.7.41 Using the white pages of a telephone directory	3.7.21 Serving self from a salad bar	3.7.55 Obtaining legal counsel	
	3.7.42 Using a pay telephone	3.7.23 Selecting a meal in a cafeteria	3.7.57 Selecting suitable housing	

### 3.7 Community Participation

Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 7-9
<b>Goal: To use public restrooms</b>	<b>Goal: To use a telephone</b>	<b>Goal: To eat in a restaurant</b>	<b>Goal: To use community services</b>	<b>Goal: To participate in civic activities</b>
	3.7.43 Receiving collect telephone calls	3.7.26 Ordering from a menu		
	3.7.44 Making long-distance telephone calls			
	3.7.46 Using the yellow pages of a telephone directory			
	3.7.48 Hanging up on obscene or nuisance telephone calls			
	3.7.49 Calling directory assistance			
	3.7.51 Ordering by telephone			
	3.7.54 Making reservations by telephone			

### 2.3 Home Cleaning and Organization

Weeks 1-3	Weeks 4-6	Weeks 7-9
<b>Goal: To establish daily/weekly routines</b>	<b>Goal: To perform spontaneous cleaning tasks</b>	<b>Goal: To complete extensive cleaning activities</b>
2.3.4 Opening and closing drapes curtains and blinds	2.3.1 Picking up litter	2.3.23 Cleaning and organizing cupboards and cabinets
2.3.5 Wiping shoes on a doormat	2.3.2 Putting things away	2.3.29 Vacuuming furniture
2.3.6 Opening and closing windows	2.3.3 Putting away household items	2.3.39 Spot-cleaning walls
2.3.7 Making the bed	2.3.8 Replacing a roll of toilet paper	2.3.40 Washing walls and baseboards
2.3.10 Removing bed linens	2.3.9 Wiping counters	2.3.41 Dusting or washing window blinds
2.3.11 Dusting furniture	2.3.13 Putting away cleaning supplies	2.3.42 Cleaning door and window screens
2.3.12 Taking out trash	2.3.15 Replacing a roll of paper towels	2.3.43 Changing vacuum cleaner bags
2.3.14 Replacing bed linens	2.3.18 Emptying ashtrays	2.3.47 Defrosting and cleaning the freezer and refrigerator

### 2.3 Home Cleaning and Organization

Weeks 1-3	Weeks 4-6	Weeks 7-9
<b>Goal: To establish daily/weekly routines</b>	<b>Goal: To perform spontaneous cleaning tasks</b>	<b>Goal: To complete extensive cleaning activities</b>
2.3.16 Vacuuming a carpet	2.3.19 Sweeping up dry spills	2.3.48 Cleaning ovens
2.3.17 Emptying a wastebasket	2.3.21 Cleaning bathtubs and showers	2.3.49 Sharpening knives
2.3.20 Folding and storing linens	2.3.22 Cleaning outside walks and driveways	
2.3.24 Shaking throw rugs	2.3.26 Replacing dirty dishcloths and dishtowels	
2.3.25 Dust mopping or sweeping floors	2.3.27 Cleaning up after a pet	
2.3.28 Cleaning appliances	2.3.30 Cleaning the stove	
2.3.31 Cleaning windows and mirrors	2.3.33 Spraying air fresheners	
2.3.32 Scrubbing sinks, bathtubs, or showers	2.3.34 Cleaning the laundry area	
2.3.35 Emptying a dehumidifier		
2.3.36 Recycling paper, cans and glass		
2.3.37 Cleaning a toilet		
2.3.38 Mopping floors		
2.3.44 Waxing floors		
2.3.45 Setting a thermostat		
2.3.46 Scheduling cleaning tasks		

### 2.4 Home Maintenance

Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 7-9
<b>Goal: To repair minor damage to household items</b>	<b>Goal: To conduct routine household maintenance tasks</b>	<b>Goal: To maintain a lawn or garden area</b>	<b>Goal: To maintain an automobile or bicycle</b>	<b>Goal: To paint the interior or exterior of a house</b>
2.4.2 Replacing a light bulb	2.4.9 Storing tools	2.4.1 Raking a lawn	2.4.5 Cleaning the inside of a car	2.4.16 Cleaning a paintbrush and roller
2.4.8 Hammering a nail	2.4.22 Removing and storing screens or storm windows	2.4.3 Watering a lawn, garden or flower bed	2.4.6 Washing and drying the outside of a car	2.4.23 Painting the outside of a house
2.4.11 Tightening a screw		2.4.4 Weeding a lawn or garden	2.4.7 Cleaning car windows	2.4.24 Painting inside walls and trim
2.4.15 Unclogging a toilet or drain		2.4.10 Trimming weeds or grass	2.4.13 Repairing a bicycle	
2.4.19 Calling a repairperson		2.4.12 Mowing lawn with a hand mower		

## 2.4 Home Maintenance

Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 7-9
<b>Goal: To repair minor damage to household items</b>	<b>Goal: To conduct routine household maintenance tasks</b>	<b>Goal: To maintain a lawn or garden area</b>	<b>Goal: To maintain an automobile or bicycle</b>	<b>Goal: To paint the interior or exterior of a house</b>
2.4.20 Getting an appliance repaired		2.4.14 Mowing a lawn with a power mower		
2.4.21 Resetting a circuit breaker		2.4.17 Trimming bushes or shrubs		
2.4.25 Repairing or replacing a window screen		2.4.18 Fertilizing a lawn		
2.4.26 Replacing a burned-out fuse				
2.4.27 Changing a faucet washer				
2.4.28 Getting a broken window repaired				

## 2.5 Home Safety

Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 7-9	Weeks 7-9
<b>Goal: To implement necessary procedures in emergency situations</b>	<b>Goal: To prevent falling and slipping on obstacles</b>	<b>Goal: To prevent and respond to fire hazards</b>	<b>Goal: To prevent electrical accidents</b>	<b>Goal: To handle sharp objects in a safe manner</b>	<b>Goal: To maintain home security</b>
2.5.4 Following directions in an emergency	2.5.1 Using a stairway	2.5.5 Responding to a fire alarm	2.5.2 Turning off a lamp	2.5.6 Carrying breakable objects	2.5.21 Opening and closing a garage door manually
2.5.8 Getting help for injuries at home	2.5.3 Turning on the lights	2.5.7 Sitting by an open fire	2.5.15 Plugging in electrical appliances	2.5.11 Carrying sharp objects	2.5.22 Carrying a house key
2.5.14 Heeding a weather warning	2.5.9 Picking up objects from the floor	2.5.26 Extinguishing clothing that is on fire	2.5.18 Attaching and plugging in an extension cord	2.5.19 Using a knife	2.5.27 Closing and locking doors and windows
2.5.25 Leaving a message	2.5.10 Using a flashlight	2.5.34 Activating a fire alarm	2.5.23 Opening and closing a garage door with an electric opener		2.5.28 Responding to a person at the door

2.5 Home Safety					
Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 7-9	Weeks 7-9
<b>Goal: To implement necessary procedures in emergency situations</b>	<b>Goal: To prevent falling and slipping on obstacles</b>	<b>Goal: To prevent and respond to fire hazards</b>	<b>Goal: To prevent electrical accidents</b>	<b>Goal: To handle sharp objects in a safe manner</b>	<b>Goal: To maintain home security</b>
2.5.36 Storing poisonous substances	2.5.12 Getting in and out of the bathtub or shower	2.5.37 Storing flammable materials	2.5.38 Discarding a worn electrical cord		2.5.29 Reporting an intruder
2.5.40 Detecting a gas leak	2.5.13 Wiping up a spill	2.5.41 Extinguishing a fire in a pan on the stove	2.5.39 Operating electric tools		
	2.5.24 Using a stepladder	2.5.42 Extinguishing an oven fire			
	2.5.32 Placing electrical cords safely in a room	2.5.43 Testing a smoke alarm			

3.5 Community Safety						
Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 7-9	Weeks 7-9	Weeks 7-9
<b>Goal: To provide personal identification</b>	<b>Goal: To get help when a problem occurs</b>	<b>Goal: To heed safety signs</b>	<b>Goal: To walk safely in traffic areas</b>	<b>Goal: To ride a bicycle safely</b>	<b>Goal: To ride safely in a car</b>	<b>Goal: To avoid harm from strangers or unfamiliar situations</b>
3.5.13 Giving your phone number and address	3.5.12 Asking for help when in danger	3.5.18 Taking cover in a storm	3.5.1 Walking around obstacles	3.5.30 Crossing a street with a bicycle	3.5.5 Locking and unlocking car doors	3.5.10 Walking away from unfamiliar animals
3.5.15 Carrying identification and money	3.5.17 Getting directions or help when lost	3.5.22 Following warning signs	3.5.2 Looking out for traffic	3.5.31 Riding a bicycle in traffic	3.5.19 Fastening a seat belt	3.5.11 Accepting rides from familiar persons
3.5.16 Carrying medical identification	3.5.21 Contacting a neighbor		3.5.3 Crossing streets at a corner	3.5.32 Signaling turns while riding a bicycle	3.5.34 Obeying traffic laws while driving	3.5.20 Going with another person at night

### 3.5 Community Safety

Weeks 1-3	Weeks 1-3	Weeks 4-6	Weeks 4-6	Weeks 7-9	Weeks 7-9	Weeks 7-9
Goal: To provide personal identification	Goal: To get help when a problem occurs	Goal: To heed safety signs	Goal: To walk safely in traffic areas	Goal: To ride a bicycle safely	Goal: To ride safely in a car	Goal: To avoid harm from strangers or unfamiliar situations
	3.5.28 Locating extinguishers, fire alarms, and escape routes		3.5.4 Walking away from traffic			3.5.23 Walking away from strangers
	3.5.33 Waiting for help when a car breaks down		3.5.6 Staying with a group			3.5.24 Avoiding poisonous plants, harmful insects, and animals
			3.5.7 Looking both ways when crossing			3.5.29 Sitting near the driver on a bus
			3.5.8 Crossing streets with a signal			
			3.5.9 Crossing streets at crosswalks			
			3.5.14 Crossing railroad tracks safely			
			3.5.25 Staying away from fallen wires			
			3.5.26 Walking on the side of a road			
			3.5.27 Yielding to an emergency vehicle			

<b>4.4 Job Safety</b>		
<b>Weeks 1-3</b>	<b>Weeks 4-6</b>	<b>Weeks 7-9</b>
<b>Goal: To follow safety procedures</b>	<b>Goal: To follow safety procedures</b>	<b>Goal: To follow safety procedures</b>
4.4.1 Moving safely in work area	4.4.6 Storing materials and equipment	4.4.11 Operating routine equipment correctly
4.4.2 Responding to emergencies	4.4.7 Lifting heavy objects	4.4.12 Inspecting materials and equipment
4.4.3 Responding to danger warnings	4.4.8 Dressing safely for a job	4.4.13 Placing safety guards on machines
4.4.4 Following safety procedures	4.4.9 Wearing safety goggles	4.4.14 Handling chemicals
4.4.5 Following fire safety procedures	4.4.10 Wearing protective clothing	