Mrs. Palmer's AMI List

*Take a few minutes a day to JUST listen to your child. Make eye contact with them if possible. Let them know that you enjoy their company and love hearing what they have to say.

*Read to your child every day or have him/her read to you. Talk about what happened in each chapter or book. Ask your child questions like, "What was the main character's name?" "What happened after___?" "Why do you think this happened?" "What do you think would have happened if the story kept going?" *You can do this with T.V. shows as well, but read something to your child everyday. Even if it is a few lines from an old newspaper, the sales ads, bills, or the Bible. Your child loves to hear your voice and know that you are spending time with them.

*Make up stories together. Draw pictures with your child and make a simple book. Read it together.

*Play a Memory game or any board game.

*Count objects (Pennies, rocks, beans, pieces of torn up junk mail).

*Make a graph of the different cars that pass your house or name the colors of the cars that pass your house. They will love spending time with you outside or by a window facing the street.

*Feed and water the family pets and talk about why you feed them a certain amount (size, health).

*Plant some seeds or start a garden. Count the sprouts as they come up. Measure the plants as they grow.

*Make a rock or wildflower collection.

*Cook with your child. Almost every box recipe has picture instructions.

*Teach your child how to operate the washer/dryer with your supervision.

*Practice writing names and words that your child uses all the time like DOG, CAT, MOM, DAD, NANA, NO, YES, etc.

*Teach your child your phone number, birthday and address.

*Practice tying shoes, buttoning shirts, zipping zippers.

This is a good time for your child to learn to dress him/herself independently. Allow them to do it on their own and only help them if they absolutely can't do something.
*This is also a good time to find out if your child can name all their body parts. (Even knees, ankles, wrists, and elbows)

*Teach your child right and Left.

*Get 2 cups or containers. Discuss full/empty, more/less, heavy/light using water or anything you have on hand.

*Practice counting aloud with your child.

*Get some coins and work on counting money. Set up a play store with your child's toys and help them count the right amount of change to buy their toys.

*Write names and words in the mud with a stick or on concrete with chalk.

*Go on a nature walk or safe hike and collect items along the way. Talk about the items when you get home. Leave the items in the sun and talk about what happened to them the next day. Ex. the plant died because it needed water and dirt or maybe it's gone.. Talk about what might have taken it.

*Pour salt or sand on a plate and have your child write letters with their fingers. (I like to do this one outside.)

*Talk to your child about manners. Discuss good choices and bad choices in different situations. Talk about why some choices are bad in some situations and fine in others. Ex. You can run and talk loudly outside because you have more room and it doesn't hurt anyone's ears when you talk loudly from across the yard, but you need to walk and talk softly in the house because we have to take care of our home and it is much easier to hear inside the house.
*It is a great time to get a chore list going at home if you don't already. Some of the things my kids are in charge of at home is their laundry, unloading the dishwasher (make sure there are no sharp knives, carrying out the trash, collecting trash from all the trash cans in the house, sweeping, cleaning tables, dusting, collecting eggs, feeding chickens, feeding and watering rabbits and outside cats and dogs.

*Look at the lists for other grade levels. They have some great ideas as well.

If you have any questions or need help in any way, PLEASE, call or text me anytime. 479-355-1904 or send me a message on Facebook. I will be posting some of the things we are doing at the Palmer house over the next few weeks.

Until Next Time,
Mrs. Tosha Palmer

Supports for Students With Significant Cognitive Disabilities

Teachers,

This resource is being provided to support teachers of students with significant cognitive disabilities. The lesson ideas are divided by grade-band from kindergarten through high school. Sections are divided into functional activities associated with time of day (morning, afternoon, evening). Parents should be assured that they are not expected to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student. When possible, multiple resources are provided for a task, both virtual and those that do not require that the child have access to technology. Here you will find a sample lesson schedule and blank template to go along with these activities for both students and parents with and without access to technology.

Grade Bands

- K-3
- 4-8
- 9-12

If you would like to individualize this document, please click *File - Make a copy*. You will have your own copy that you can revise and edit as needed.

Grades K-3
This is a resource document for teachers to use to help create individualized daily/weekly lessons for students with significant cognitive disabilities. Parents should be assured that they are not to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student.

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
Morning	Hand Washing	Life skills, math	Sequencing, following directions, health and safety	Hand Washing video modeling	Hand washing sequence strip visual support Hand Washing sample data sheet
	Breakfast	Life skills, math, reading, receptive and expressive communication	Sequencing, measuring, reading a recipe, reciprocal communication, following verbal directions, etc.	Cereal for breakfast video modeling Making toast video modeling Table manners animated video Table manners realistic video	Prepare Breakfast Together a variety of recipes including visual supports. Table manners Visual cues including non-examples
	Getting Dressed	Life skills	Sequencing, requesting, weather-appropriate choices, attributes (long sleeve vs. short sleeve), color, fasteners	Dress for the weather interactive game Dress for the weather video	Getting dressed choice board Getting dressed picture schedule
	Sorting	Math, life skills	Descrimination, sequencing, making requests, attributes	Color sort interactive game Sorting socks video modeling Color sorting video	Sorting items allows a student to develop discrimination and fine motor skills (depending on the level of the student, activity may need to start with placing one type of item in a container) Make a sorting mat for the desired activity (placing mat in a page protector will increase its durability). How can this activity be designed to meet the student's transition needs?

	Calendar	Math, life skills, reading, writing, communication	Counting, patterns, weather, days of the week, months of the year	Let's make a calendar interactive game	Calendar journal example (This activity could be modified to meet the needs and instructional level of the individual student.)
	Share a story	Literacy	Reading aloud, either hard-copy or electronic stories, helps students develop early literacy skills, social skills, and life skills.	Parts of book video Take time to discuss parts of the book when appropriate. Storyline Online stories read aloud	Concepts of Print teach parts of a book: cover, back, spine… Reading left to right Reading from top to bottom Books with visual symbols imbedded in text
	Movement Break	Physical education	Gross motor movement (Choose activities to fit the needs and ability of the child.)	Yoga video #1 Yoga video #2	Obstacle Course resource for how to construct at home obstacle course. Gross Motor Activity choice board
	Writing	Reading, writing, life skills	Making lists, writing invitations, signing name, writing letters to family and friends	I Spy Alphabet interactive game Pre-writing interactive games	Pre-writing practice sheets can be used for writing or cutting. For reusable sheets, place them in a page protector and write with dry erase markers. Write letters to friends/relatives, take writing outside with sidewalk chalk or a bucket of water and paintbrush.
	Scavenger Hunt	Reading, writing, math, communication, physical education	Vocabulary, visual discrimination, measurement, parts of speech	Scavenger Hunt Song video	Home Scavenger Hunts can be designed for indoors or out. They can be individualized for the student's specific needs and environment. Example scavenger hunt form. This activity and form could be modified to meet the needs and instructional level of the individual student.
Afternoon	Lunch	Math, reading, life skills, communication	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	Making a pizza video All about measuring video	Practicing measuring activity allows students to measure different quantities. (Using two bins and rice makes this activity long lasting.)

	Let's write about it	Writing, literacy, communication	Create a story using apps and graphic organizers. Narrate a story to discuss characters, setting, events, and details of a story.	[Story Maker](#) interactive writing tool [Story Prompt Generator](#) interactive way to generate story ideas	[Graphic Organizers](#) allow students to collect their thoughts before putting them together into a sentence or story. Modify this activity to best meet the individual needs of the student; does he need a scribe, to work on sentences, to work on single words?
	Story time	Reading	Read aloud or independent reading of electronic stories helps students develop early literacy skills.	[Tarheel Reader](#) provides opportunities for assisted and independent reading. [On-line books](#) read aloud with signing	DLM [guidance document](#) to assist with the Tarheel Readers Select books by topic, ask guided questions using [storyboard](#) for students with limited oral communication skills. This is only an example of a storyboard. Example of a [story](#) with symbols for students with limited or no consistent mode of communication
	Movement Break	Gross motor, science, physical education	Movement, exercise	[Head, Shoulders, Knees and Toes](#) dance video [Hokey Pokey](#) dance video	Taking a movement break allows the student to reset her brain. Try dancing to a favorite song or playing outside.
	Fine Motor Movement	Fine motor	Manipulate small objects to complete a task, hand-eye coordination.	[PBS Kids](#), [ABCya](#), [Starfall](#) all contain interactive games that will allow a student to practice his fine motor skills.	[TheraKids](#) and [Learning4Kids](#) both provide ideas for fine motor activities within the home environment. Provide families with a list of selected activities that best meet the needs of the student.
	Feelings and Emotions	Social emotional	Explore various feelings and emotions through games, songs, movement, and additional activities.	[Identifying feelings](#) interactive game (no sounds) [The Feelings Song](#) video	[Feelings](#) directions for the game [Cards](#) in pdf for playing the game [Feelings story](#) simple to read feelings book

Evening	Dinner	Cognition, life skills	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	Food facts animated video Setting the table video modeling	Set Table for Dinner visual sequencing chart PrintableTable Setting Placemats are a great way to provide a visual to assist a student with this task.
	Field Trip Time	Cognition	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With Virtual Field Trips students can explore the world. From zoos to art museums, these trips allow the student to interact with the world. Provide a scavenger hunt to guide the trip.	Arkansas Field Trips provides a guide on things to explore in Arkansas. Nature Walk journal provides the opportunity for students to engage in conversation about what they see. This is only an example and should be individualized for the needs of your student. Sensory Adventure: Outside Exploration ideas on how to build guiding questions into a nature walk
	Take a Walk	Language, physical education	Expressive and receptive communication, directionality (left/right), attributes (big/small),		Take the dog for an evening walk. Get some exercise and play a game of I Spy.
	Brushing Teeth	Fine motor, life skills	Sequencing, health and safety, following directions	Tooth brushing video modeling	Tooth brushing visual schedule
	Process the Day	Cognition, social emotional, language arts	Creative writing, expressive language, process feelings, communication		Taking time to reflect on the day will help the student learn to reflect. This Social Story/feelings and this Daily Journal are both tools to help students reflect on the day.

Grades 4-8				
This is a resource document for teachers to use to help create individualized daily/weekly lessons for students with significant cognitive disabilities. Parents should be assured that they are not to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student.				
Time of Day	**Daily Activity**	**Subject**	**Skills**	**Virtual Activity**	**Technology-Free Activity**
Morning	Hand Washing	Physical education, health	Sequencing, following directions, health and safety	Hand Washing video modeling	Hand washing sequence strip simple visual support Hand Washing advanced steps with visuals Hand Washing data sheet sample
	Breakfast	Math, English language arts, life skills, transition skills	Sequencing, measuring, reading recipe, reciprocal communication, following verbal directions, etc.	Making oatmeal video modeling	Making oatmeal visual recipe Making oatmeal visual recipe (multiple options; free to download)
	Hygiene	Science, physical education and health, life skills, transition skills	Sequencing, following directions, healthy and safety	The Importance of Good Hygiene video lesson	Using the restroom visual support Brushing teeth visual support Getting Dressed choice board
	Sorting	Math, life skills	Sorting laundry allows a student to develop discrimination skills (Depending on level of the student, the activity may need to start with placing one type of item in the basket.)	Sorting Laundry video modeling Sorting utensils video modeling Sorting pictures interactive game (requires free account) Sorting by size interactive game with closed captioning	Sorting can be an activity completed at home guided by the individual needs of the student. Sorting coins, laundry, letters, colors, and mail are all functional ways that sorting can be incorporated throughout the day. Make a sorting mat for the desired activity (placing mat in a page protector will increase its durability). How can this activity be designed to meet the student's transition needs?

	Share a Story	English language arts	Reading aloud and reading together, either hard-copy or electronic stories, helps students develop literacy skills, social skills, and life skills.	Parts of Book video discussing parts of the book Storyline Online stories read aloud Just Books stories read aloud	Concepts of Print teach parts of a book: cover, back, spine, reading left to right, and reading from top to bottom. Books with visual symbols imbedded in text
	Movement Break	Physical education and health	Gross motor movement (choose activities to fit the needs of the child)	Adaptive yoga video for kids Exercise video for kids Sitting exercise video animated	Obstacle course ideas with examples of visual supports
	Scavenger Hunt	Math, English language arts	Vocabulary, visual discrimination, measurement, parts of speech	Hidden Picture Game interactive game	When developing a scavenger hunt, think about the area of need you would like to target; also think about the related skills that will be important for the activity. Does the student need to develop expressive communication, does she need to work on "wh" questions, or attributes… the possibilities are endless. Scavenger Hunt ideas for home Neighborhood scavenger hunt template Color scavenger hunt template
Afternoon	Lunch	Math, English language arts	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	Measuring for cooking video Measuring liquids video modeling Making a PB&J video modeling Making grilled cheese video modeling	Prepare Lunch Together and Look n' Cook are examples of cookbooks with visual recipes. Find a recipe specific to your student's needs and develop a lesson around that activity. Consider measuring, fractions, counting, and nutrition as instructional areas to target.
	Literacy	English	Create and narrate a story to	Video for adults on	Picture Story Cubes provide a fun way for

		language arts	discuss characters, setting, events, and details of a story.	how to lead this discussion.	students to get motivated about writing a story. Remember to use symbols the student is familiar with. [Story map](#) - sequencing of events [Story map](#) - parts of the story
	Movement Break	Physical education and health	Movement, exercise	[GoNoddle: Jump, Squat, Turn Around](#) (Following Directions) [GoNoddle: A-Moose-Ta-Cha](#) (Following Directions)	Provide an opportunity to play a game. Simon says, hide and seek, red light/ green light are all great ideas to get movement in while working on following single and multi-step directions. Make this type of [visual board](#) so students with limited communication can participate fully in the game.
	Literacy	English language arts	Read aloud or independent reading of electronic stories helps students develop early literacy skills	[Tarheel Reader](#) provides opportunities for assisted and independent reading. [On-line books](#) read aloud with signing	DLM [guidance document](#) assists with the Tarheel Readers. Select books by topic, and ask guided questions using [storyboard](#) for students with limited oral communication skills. This is only an example of a storyboard. This is an example of a [story](#) with symbols for students with limited or no consistent mode of communication. This story would need to be adjusted based on individual student needs.
	Fine Motor Movement	Computer science	Manipulate small objects to complete a task, hand-eye coordination, and typing	Activities for engagement in an educational environment [ABCya](#) 4th grade [ABCya](#) 5th grade [ABCya](#) 6th grade and up [Learn to Type](#) modeling and practicing typing	[TheraKids](#) and [Learning4Kids](#) both provide ideas for fine motor activities within the home environment. Provide families with a list of selected activities that best meet the needs of the student. This [article](#) provides examples of fine and gross motor activities in the home environment specifically for older students.

	Feelings and Emotions	Behavioral skills, social/emotional skills, life skills	Behavioral, communication	The Feelings Game interactive game to identify face expressions Identifying emotions in others interactive video Explaining feelings video	Using Emotion Faces or Anger Management Skills visual cards could help students to communicate their feelings. Remember that students must first understand what the visual means before they can use it. Small Talk Discussion Cards provide discussion prompts to get students talking about feelings.
Evening	Preparing Dinner	Life skills, transition skills	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	Setting the Table video guide	Set Table for Dinner visual task list Table setting cue card
	Field Trip Time	Math, English language arts, science, history	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With Virtual Field Trips students can explore the world. From zoos to art museums, these trips allow the student to interact with the world. Provide a scavenger hunt to guide the trip.	Go on a nature walk and look for animals native to Arkansas. Arkansas Game and Fish Commission Free Resources (multiple resources are available including informational pamphlets, recipes, and a section for students resources)
	Take a Walk	English language arts	Expressive and receptive communication, directionality (left/right), attributes (big/small),	Hidden Pictures Digital Play interactive game Highlights Kids Hidden Pictures interactive game	Take the dog for an evening walk. Get some exercise and play a game of I Spy. Sensory Adventure: Outside Exploration ideas on how to build guiding questions into a nature walk.
	Brushing Teeth	Physical education and health	Following verbal (Video Modeling) and/or visual (Visual Task List) directions to complete a given task. Sequencing, health and safety.	Video Modeling step-by-step modeling of how to brush your teeth	Visual Task List basic visual steps to brush your teeth Visual task list complex steps to brushing your teeth Step-by-step guide to brushing your teeth

	Process the Day	English language arts, behavioral skills	Reciprocal communication, answering what/who questions, providing information with supporting details	Visual Dictionary interactive tool to assist with writing and word finding	Taking time to reflect on the day will help the student learn to reflect. This Social Story/feelings and this Daily Journal are both tools to help students reflect on the day. Talk with the student about her day. Create an individualized storyboard (example) to facilitate this conversation using some of these guiding questions.

Grades 9-12					
This is a resource document for teachers to use to help create individualized daily/weekly lessons for students with significant cognitive disabilities. Parents should be assured that they are not to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student.					
Time of Day	**Daily Activity**	**Subject**	**Skills**	**Virtual Activity**	**Technology-Free Activity**
Morning	Hand Washing	Math, reading, life skills, science	Sequencing, following directions, health and safety	Video Modeling Hand Washing instructional video on how to wash hands	Hand Washing Data Sheet Data tracking chart for hand-washing procedures Hand Washing steps with Visuals picture sequencing of hand-washing procedures
	Preparing Breakfast	Math, English language arts, life skills, transition skills	Sequencing, measuring, reading recipe, reciprocal communication, following verbal directions, etc.	Cooking Waffles video modeling	Waffle recipe visual recipe (multiple options, free to download) Visual recipe for pancakes visual recipe Communication board example for students with limited communication.
	Getting Dressed	Math, reading, life skills, science	Sequencing, requesting, weather-appropriate choices, attributes (long sleeve vs. short sleeve), color, fasteners	Dressing Weather Appropriately interactive game with scenarios	Getting Dressed choice board Skills that could be addressed during this time: dressing for the weather, temperature, dressing for the activity, left/right, inside/outside, etc. Individualize this activity to meet the needs of the student and the home environment.
	Sorting	Math, life skills	Sorting household items allows a student to develop discrimination skills (Depending on the level of the student, the activity may need to start with placing one type of item in a container.)	Seasons Suitcase Sort, Sorting Waste and Break the Bank are all interactive sorting games Sorting coins video modeling	Sorting items allows a student to develop discrimination and fine motor skills (depending on the level of the student, activity may need to start with placing one type of item in a container) Benefits of functional activities is an article explaining life skills.

	Reading Time	All	Reading aloud, either hard-copy or electronic stories, helps students develop early literacy skills, social skills, and life skills.	[Tarheel Reader](#) provides opportunities for assisted and independent reading. [On-line books](#) read aloud with available signing.	DLM [guidance document](#) assists with the Tarheel Readers [Books with visual symbol text](#) provide an opportunity for students with limited communication to share in the reading. Select books by topic, and ask guided questions using [storyboard](#) for students with limited oral communication skills. This is only an example of a storyboard. This is an example of a [story](#) with symbols for students with limited or no consistent mode of communication. This story would need to be adjusted based on individual student needs.
	Movement Break	Physical education	Gross motor movement (choose activities to fit the needs of the student)	[WheelChair Yoga](#) interactive video [Exercise](#) Part 1 and [Exercise](#) Part 2 are videos designed for teens and young adults with disabilities.	[Activity Choice Board](#) provides the opportunity for increased communication and choice for students.
	Scavenger Hunt	All	Sorting colors, vocabulary, visual discrimination	Design a scavenger hunt where students take pictures of the items they find, place them in a google doc and submit it to you ([Directions to Flippity](#)).	Create a scavenger hunt for your students using google forms; [here's](#) how! [Riddle scavenger hunt](#) #1 and [Riddle Scavenger Hunt](#) #2 are examples of scavenger hunts that can be modified to meet the needs of the student.
Afternoon	Preparing Lunch	Math, reading, science	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	[Balanced Meals Video](#) educational video	Take this [Grocery Store Bingo](#) to the store or *shop* virtually; either way, this is an activity that builds functional academics.

				[Food Nutrition](#) interactive game [Making a PB&J](#) video modeling	Remember to consider the communication needs of the student. Does she need a communication board to accompany this activity? [Meal time communication board](#)example for students with limited communication.
	Writing Time	Writing, literacy, language	Create a story using apps. Narrate a story to discuss characters, setting, events, and details of a story.	[Story Maker](#) interactive writing tool [Story Prompt Generator](#) interactive game to help develop story ideas	Develop writing activities based on the needs of the students. If engagement is a need, use [Story Prompts](#) to motivate the student. If the student is writing simple sentences, use [Sentence Stretching](#) to increase complexity. If the student is ready for a paragraph, build the activity using the [paragraph Graphic Organizer](#). Remember to allow for the student to *write* using whatever mode is most beneficial for them (a scribe, voice recording, communication board, drawing, typing, etc.)
	Movement Break	Gross motor, science	Movement, exercise	[Move and freeze](#) interactive video	Have a dance party movement break, try [Rollin' the Moves](#)
	Fine Motor Movement	Physical education	Manipulate small objects to complete a task and build hand-eye coordination	Activities located on these links technology engagement in an educational environment. [Fine Motor Technology Brain Break](#) interactive games	[TheraKids](#) and [Learning4Kids](#) both provide ideas for fine motor activities within the home environment. Provide families with a list of selected activities that best meet the needs of the student. This [article](#) provides examples of fine and gross motor activities in the home environment specifically for older students.
	Feelings and Emotions	Social skills, life skills, health and safety	Functional life skills, emotional regulation, social skills, communication, behavior	[Robbie the Robot](#) interactive game	[Emotions Choice Board](#), [Emotion cards](#), and [Emotions Check-in](#) are all tools that could be used to support the student in

				The Feelings Game interactive game identifying facial expressions Emotions Video animated video modeling scenarios	learning and expressing emotions. It is oftentimes easier for students to recognize emotions in others before they are able to identify them internally.
Evening	Preparing Dinner	Math, reading, science	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	Washing Dishes video modeling of washing dishes by hand Washing Dishes with Dishwasher video modeling of loading a dishwasher	Prepare Lunch Together and Look n' Cook are examples of cookbooks with visual recipes. Find a recipe specific to your student's needs and develop a lesson around that activity. Consider measuring, fractions, counting, and nutrition as instructional areas to target. Skills that can be reinforced around dinner time: washing dishes (visual task list), setting the table (visual task list), or cleaning up after the meal are all areas to think about incorporating into activities.
	Field Trip Time	All	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With Virtual Field Trips students can explore the world. From zoos to art museums these trips allow the student to interact with the world. Provide a scavenger hunt to guide the trip.	How to plan a virtual field trip? Think about guided activities for the virtual field trips. How can these activities be connected to the student's post-secondary goals? Try developing a lesson around virtual job shadowing.
	Take a walk	Physical education	Expressive and receptive communication, directionality (left/right), attributes (big/small)	Hidden Pictures Digital Play interactive game Highlights Kids Hidden Pictures interactive I Spy Shapes	Get some exercise, take a walk and play a game of I Spy or go on a nature walk scavenger hunt ideas on how to build guiding questions into a nature walk. Remember, communication is key. Does the student need a communication board for this activity?

				animated interactive game	
	Brushing Teeth	Physical education and health	Following verbal (Video Modeling) and/or visual (Visual Task List) directions to complete a given task. Sequencing, health and safety.	Video Modeling video modeling	Visual Task List basic visual steps to brush your teeth Visual task list - complex steps to brushing your teeth
	Process the Day	Reading, writing, functional skills, life skills, social emotional skills	Reciprocal communication, answering what/who questions, providing information with supporting details	Visual Dictionary interactive tool to assist with writing and word finding.	Taking time to reflect on the day will help the student learn to reflect. This Social Story/feelings story and daily journal are both tools to help students reflect on the day. Talk with the student about her day. Create an individualized storyboard (example) to facilitate this conversation using some of these guiding questions.