

Personal Care and Well Being

Coronavirus & Safety

[My Coronavirus Story](#)

For help in making your own visual schedule visit



Connectability.ca



Recipe of the Week!!

A simple grilled cheese sandwich recipe for those who are not ready to use stovetop yet. Encourages following of simple instructions and sequencing of a simple sandwich. Support and supervision as needed for handling hot items!

[Grilled Cheese \(microwave\)](#)

[Grilled Cheese \(panini press\)](#)



[Visual Guide](#)

Communication

The Senses

Tarheel Book

[See, Hear, Touch, Smell & Taste](#)

[Follow-up writing activity](#)

Option A: Beginning communicators can use the graphic organizer provided to talk about the 5 senses and their corresponding body parts. Then, have your child to talk about his/her favorite things to touch, taste, see, listen to and smell.

Option B: Your child can share his/her idea verbally and can then write the words (support can be provided if needed) in the blank spaces.

Home & Community Life

Laundry Sorting

Students can help parents sort household items such as socks or towels. Start sorting by matching by color then match by color and size, then progress to patterns and designs. Demonstrate and support your child if he/she is having difficulty. Don't focus on errors. Have your child tell or show you if they know who the socks belong to e.g. mom, dad, him/herself, siblings, etc

[Visual Guide](#)



Staying Active

Option A: Follow along this 8-minute training [YouTube video](#) created by Special Olympics Canada. It will help boost your balance skills.

For both these activities you will need a screen with internet connection (i.e., phone, tablet, laptop, television) and a free space to move your body

Leisure



Option B: Enjoy a 6-minute warm-up and workout [YouTube Video](#) created by Special Olympics Canada.

Please note: There are two choices of the activities being offered. Please look over both and choose the level that is most appropriate for your child. Multiple competencies/life areas may be covered in each activity.