

Welcome parents and students!

On the next tab you will see a list of chores (activities of daily living) organized by level, with level 1 being the easiest and level 5 the hardest.

Why Chores?

These activities focus on tasks around the house and provide students with the opportunity to work on balance, hand strengthening, upper body coordination, fine motor and visual spatial skillsets, and executive function (initiation and planning). In addition, they do not require any specialized equipment (other than what you already have around your home), and can provide an important routine for your student to follow.

How to complete:

1. Have your student start at the level that is appropriate for them (ie: can be realistically achieved with a couple pointers from you or modelling on how to complete).
2. Use the attached weekly schedule to have the student pick 1-2 chores to complete each day.
3. When these tasks start to become easy for your student, consider moving on to the next level.

We look forward to hearing how it goes, and are available by email if you have any questions!

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