

ECC@Home Challenge: Independent Living

Student Activities

Family-Style Concept Practice

Parent Activities

Link Resources

Clean and organize your room

Create a list of foods you want to learn how to make- make 1

Allow your child to cook/help make a meal or snack for the family

Have your child help with laundry and match/fold clothes

[Attend the 11/13 Disability Benefits Virtual Workshop](#)

[Video Link](#)

Make your bed

Learn how to use a new item in the kitchen

Have your child wash/dry the dishes

Ask your child the name and function of various kitchen appliances/utensils

Create and follow a chore chart for your child for 1 week.

[Live Binder Link](#)

Change a lightbulb

Pack your own lunch

Have your child make a purchase at a store

Discuss the names and purposes of the medications they take

Download the SeeingAI app and use it with your child

[Review the Kitchen Activity on the Perkins ECC Website](#)

Take out the trash and replace the bag

Learn how to do a new hairstyle or create a new outfit

Have your child show you how they identify/fold/store their money

Label/organize a space to help increase your child's independence

Create your family's emergency response plan.

Challenge Submission



NOVEMBER RAFFLE PRIZE: \$50 TBD Gift Card

**NOVEMBER CHALLENGE SUBMISSIONS DUE:
DECEMBER 3, 2024 (to be eligible to win!)**

I Can Be Independent at Home and School