


Lifelong Learning Choice Board

Use this choice board throughout the week.

<p>Spend time watching a show, movie, or reading a book. Ask your student at different points "how are they feeling?" or "How would you feel if that happened to you?"</p>	<p>Dance to your favorite song.</p>	<p>Organize a drawer in your kitchen. Sort the spoons, forks, and butter knives. Sort towels by size and fold. Sort cups by color.</p>	<p>Read a book that has a movie version. Watch the movie, and make a list of how the book and movie are the same or different.</p>	<p>Help a family member clean up.</p>
<p>Pick up the pine cones in the yard- watch out for the pointy parts</p>	<p>Say thank you to someone today. Make sure you tell them why you said thank you.</p>	<p>Take 10 quiet deep breaths with a family member, pet, or stuffed animal.</p>	<p>Set the number of minutes on the microwave when you cook with an adult.</p>	<p>Sing a song with family.</p>
<p>Help fold clothes or sort family members clothes, or organize socks or clothing drawers.</p>	<p>Pick a favorite book, magazine, or photobook to enjoy with a family member. Talk about what you like about the book.</p>	<p>Make Your Bed. Every Day!</p> 	<p>Listen to a favorite song.</p>	<p>Help make a meal.</p>
<p>Call a family member. Dial the phone number independently.</p>	<p>Wash 1 or more dishes, load the dishwasher, or put the dishes away.</p>	<p>Do something kind for a family member (call, draw a picture, do a chore).</p>	<p>Call or video chat with a family member.</p>	<p>Tell a joke to a family member.</p>