

## Suggestions for activities to do at home to continue the development of competencies from the CASP-I Education Program

### Children from 6 to 9 years of age

- Take over a few tasks or responsibilities (set the table, clean their room, return dirty dishes to the counter after a meal, etc.).
- Go to another room in the house and follow instructions to find a hidden object.
- Suggest a fun activity for the family to do during the day (play a board game, take a walk, play hide and seek in the house, etc.).
- Talk about their day or an activity they did during the day.
- Write their name on a craft project.
- Choose a TV show or movie to watch.
- Watch a movie or a TV show and share their opinion (*Frozen, Brave, Inside Out, Ratatouille*, etc.).
- Answer the phone and speak to friends and family.
- Find images of a favourite animal in a book or on the Internet, just for the fun of it.
- Work on a craft project by following the suggested steps.
- Get dressed alone by following the suggested steps.
- Learn to tie their shoelaces by following the suggested steps.
- Wash their hands, brush their teeth and take a bath by following the suggested steps.
- Look for familiar words in a book.

### Children from 10 to 12 years of age

- Help make a schedule for the day: suggest a physical activity, a reading activity, etc.
- Tell the difference between spatial concepts (inside – outside) using storage spaces inside and outside the house.
- Compare the number of objects in two places (two plates of cookies, two piles of toy blocks, etc.) and determine if one has more, fewer, or the same number of objects.
- Write a short message to a member of their family.
- Use the TV guide to find out what time their favourite TV show is on, and on what channel.
- Using their own words, talk about what happened on a TV show they just watched.
- Read a brief story and share their opinion.
- Choose a recipe out of a recipe book.



## Children from 10 to 12 years of age (cont.)

- Suggest a meal and help make it.
- Use the appropriate kitchen tools for cooking (knife for chopping, spoon for stirring, etc.).
- Take over a few tasks or responsibilities (water the plants, empty the garbage, feed any pets, put away the groceries, etc.).
- Explain the rules of a board game.
- Put their personal items away in the proper place.
- Heat up a meal in a microwave oven.
- Follow the start-up steps to play a video game.
- Follow the steps to use small appliances (toaster, kettle, microwave oven, etc.).
- Look for familiar words in a book or on the Internet.

## Children from 13 to 15 years of age

- Learn to be autonomous when taking their medication.
- Find a song on YouTube to share with their family or friends.
- Learn more about a subject of their choice (online, using books, on an app, etc.).
- Write an email or a text message to a friend or family member.
- Check a grocery store website to find out about the weekly specials.
- Help make a grocery list.
- Prepare a snack or a simple lunch.
- Heat up frozen food.
- Use the appropriate kitchen tools for cooking (knife for chopping, spoon for stirring, etc.).
- Follow the steps to use appliances (oven, washing machine, dryer, dishwasher, etc.).
- Take over a few tasks or responsibilities (help bake a cake, take out the garbage, do the dishes, etc.).
- Wash the car.
- Put away groceries according to the appropriate storage method (milk in the fridge, pasta in the pantry, etc.).