



# CHALLENGES ADAPTED CURRICULUM

## Suggestions for activities to do at home to continue the development of competencies from the Challenges adapted curriculum

### Students aged 16 to 21

#### Take responsibility

- Take care of their body (wash, brush their hair, cut their nails, follow the dosage. instructions for an over-the-counter medication such as acetaminophen, ibuprofen, etc.).
- Feed and take care of any pets in the house.
- Do their laundry (use the washing machine, the dryer, etc.).
- Fold their clothing.
- Put away their clothes.
- Water plants.
- Help deal with waste (garbage, recycling, compost, etc.).
- Do dishes (wash, rinse, fill and empty the dishwasher).
- Help maintain the house, taking care when using common cleaning products.
- Help maintain the outside of the house (sweep, weed, wash the car, etc.).

#### Meal planning

- Help plan meals.
- Make a grocery list (using flyers, etc.).
- Help prepare a meal.
- Cook a simple recipe.
- Help serve a meal
- Help order a meal online.
- Help order groceries online.

#### Having fun

- Play board games or cards as a family.
- Count the number of rainbows in a window, on a house, on one street, in one neighbourhood.
- Look at exhibits or shows available online (Montreal Museum of Fine Arts, Cirque de Soleil, etc.).



### **Having fun (cont.)**

- Work on a craft.
- Listen to music.
- Dance.

### **Physical activity**

- Take a walk in their neighbourhood, alone or with others.
- Take a bike ride.
- Follow along with an online aerobics class.

### **Keep in touch with others**

- Send a short note, a card or a drawing by mail (write their address and the recipient's address on the envelope).
- Call friends and family members by phone or video chat.
- Communicate with trusted people using social networks.
- Learn about the jobs and hobbies of their family members to discover different ways to participate in the community and help make choices about activities.