

EDUCATION PROGRAM FOR STUDENTS WITH A PROFOUND INTELLECTUAL IMPAIRMENT (EPPII)



Suggestions for activities to do at home to continue the development of young people who are following the Education Program for Students With a Profound Intellectual Impairment (EPPII)

- Help with household tasks (dusting, wipe down and dry the table, make their bed, etc.).
- Work on artistic activities (paint, colour, craft, etc.).
- Help with getting dressed (hold out their arm when shirts are being put on, hold out their feet when socks are being put on, take off their hat, etc.).
- Participate in meals (using cutlery, moving a glass to drink, etc.).
- Participate in care activities (turn off the tap, dry their hands, brush their teeth, etc.).
- Do muscle-strengthening activities.
- Put away the objects used during an activity.
- Play with their pet.
- Look at a physical or digital family photo album and identify the people that they love.
- Listen to music of their choice.
- Explore using taste (the difference between the sweetness of a cookie and the saltiness of a cracker, etc.).
- Explore by feeling the texture of objects (a soft blanket versus a rough sponge, etc.).
- Make choices by pointing at or naming the object that they would like to move or the snack they would like to eat.
- Choose and watch a movie that they enjoy.
- Use a tablet to entertain themselves (turn on the tablet, use their finger to choose an application that is appealing).
- Direct their gaze to someone they know or something interesting (a sibling approaching, a tablet being shown to them, etc.).
- Move without assistance from one room to another in the house (going from their bedroom to the living room, etc.).