

Independent Living

Get out the measuring cups and spoons, pick a recipe, and enjoy cooking together. Your students will build following directions and reading skills. The best part is eating the end result. A fun option could be making white cane cookies and share with the O&M instructor.

Limit the number of sedentary activities. Take advantage of a warm summer day to spruce up the class or home. Use the time to wash the car, patio, or bike.

Kids need to learn responsibility, self-esteem and self-worth. Turn chores into a fun game.

Dress for success. Take the opportunity to have students talk about styles in clothing. Discuss styles that are appropriate for school, special occasions, sports, sleeping, etc. Use an O&M outing to encourage students to use their allowance funds to buy a needed clothing item. Remember, bargain shopping is fun.

Resources:

Loumiet, R., & Levack, N. (1993). *Independent Living Series Austin: Texas School for the Blind and Visually Impaired.*

[Independent Living Series](#)

Levack, L., Hauser, S., Newton, L., & Stephenson, P. (Eds.). (1997). *Basic skills for community living; Austin: Texas School for the Blind and Visually Impaired.*

[Basic Skill for Community Living](#)

Sewell, D. (Ed.). (2007). *EVALS: Evaluating visually impaired students.* Austin: Texas School for the Blind and Visually Impaired.

[EVALS: Evaluating Visually Impaired Students](#)

[Resources for the Expanded Core Curriculum \(RECC\)](#)

[Teens' Voices ECC Audio Library](#)

DCMP resources:

[Pocahontas](#)

[Make a Wish, Molly](#)

[Blindspot](#)