

**The School**  
at the Augmentative Learning and Movement Center

**Personal Care Curriculum**

The personal care curriculum will include, but not be limited to, the following skills:

**I. Student goal: independently dress self**

- Buttoning clothing
- Zipping clothing
- Snapping clothing
- Tucking in clothing
- Velcro opening and closing
- Tie/untie shoes
- Appropriate combinations of clothes/shoes
- Appropriate clothing/equipment for weather

**II. Student goal: independently eat a variety of food in a variety of settings**

- Eat with a spoon
- Eat with a fork
- Cut/Spread with a knife
- Use a cup
- Drink from a straw
- Appropriate restaurant behavior
- Ordering in a restaurant
- Paying in a restaurant
- Compile a simple meal
- Use a can opener

**III. Student goal: independently use the toilet in a variety of settings**

- Toileting Schedule
- Appropriate sequence of toileting
- Identify need to use the toilet

**IV. Student goal: independently groom self**

- Wash hands
- Wash face
- Brush teeth
- Brush hair

- Trim nails
- Use deodorant

**V. Student goal: independently do laundry**

- Sort clothing into lights and darks
- Operate the washing machine
- Operate the dryer
- Fold clothes and put away

**VI. Student goal: independently clean the house**

- Identify cleaning equipment/supplies (products and appliances)
- Match appropriate supplies to tasks
- Dusts
- Vacuums
- Sweeps
- Mops
- Empties garbage
- Makes beds
- Cleans toilet
- Cleans shower
- Cleans counter tops/table
- Washes dishes/pots and pans
- Cleans mirrors/windows