

Home Learning Continuous Individual Education Plan 2020

Student Name: K. Nao
Case Manager: S. Moore

- Choose one activity a day or 5 activities a week.
- Try to take pictures of activities while you are doing them and keep track of all your activities in your IEP Portfolio.
- Try and choose an activity from each column by the end of June
- Have an idea for another activity? Let me know!

IEP Core Competency Goal	Personal Awareness & Responsibility: I can participate in actions that bring me joy and satisfaction and recognize that I play a role in my well-being by...			Social Awareness & Responsibility: I can interact with others and my surroundings respectfully by.		Communication: I can communicate with peers and adults by...	
Individual Student Objectives	...setting a goal to accomplish a task	...persevering when a task gets challenging	...celebrating my efforts and accomplishments	...solving problems myself and asking for help when I need it	...building relationships and working and playing cooperatively	...talking and listening to people I know	...communicating for a purpose
Home Based Activity	Set a goal to check in with your family each morning. Ask them if there is something you can do to support them that day.	Help out with a chore or activity in the house that you don't like to do. Try to get through it by taking breaks and thinking about a fun activity that you could do after	Check in with a family member after you have helped them out with a task. How do they feel? How do you feel?	Think about a time when you feel frustrated with a sibling or someone in your family. Think of two different ways that you could react to them.	Set up a game night with your family and/or friends (could be virtually)	Make an effort to respond right away to your parents when they ask you to do a chore.	Try out a new boardgame with your family member. Be in charge of reading out the instructions so everyone understands
Literacy Activity	Choose a family member to read with every day. Set a goal for how many minutes. Keep track of your goal with stickers on a calendar.	Try working on a reading or writing school activity for a little bit longer than you were planning to. What is something you could tell yourself to keep going!	At the end of the week, write letter or an email to a family member. Tell them 3 things that you are proud of this week.	Research a person who in the world who has overcome obstacles or solved problems. (check list of recommendations if you want to some ideas)	Write a letter or an email to a family member or friends who is not living with you and check in to see how they are doing.	Have a virtual visit with a friend. Each take a turn choosing a person, place or thing. The other person has 20 questions to guess what it is.	Help out one of your family members with cooking or baking. Be in charge or reading the recipe!
Numeracy Activity	Set a goal to work on a math activity from your teacher. Check in with your teacher or EA to get feedback.	Keep track of when you get to a math activity that it hard. What is something you could do to keep going?	Teach a new math skill to one of your family members this week. What do you notice when you become a teacher?	Talk to you teacher or EA about some strategies that you can use if you are stuck on a math question. Try out the strategies one	Play a math game with someone in your family (see recommended list)	Have a check in with a teacher or an EA about a question you are having a hard time figuring out in your classroom assignment	Next time you are in a car or bus, organize a game with a family member that involves counting objects. E.g. how many red cars.

				time through before asking another person.			Explain the rules to the person or group in a way they can understand
Movement/Outdoor Activity	Set a goal to run or walk each day. Can you beat your distance or time record?	Run until you can't run anymore. Once you feel tired, give yourself a pep talk. What would you say to yourself to run for one more minute!	Try to find a trail or a small hike that you and your family can go on. Decide a finish point and celebrate then you arrive! Share with your family the hardest part of the hike that you made it through!	Be a problem solver when you are playing with a sibling or family member. How you help everyone to have a say, but also come to a solution together	Build an obstacle course in your home or yard for your family members	Go for a walk or a drive with a family member to try and find the sunset. Ask them what the best part of their day or week was.	Create a list of steps for
Arts Based Activity	Make a list of things you want to do over the next two months. Create a journal to keep track your goals as you complete them.	Social distancing is hard. On a day when you are having an extra hard time, create an art piece (drawing, painting, model) that shows what you are looking forward to when all this is over	Plan a party for the end of social distancing. Who will you invite? what will you celebrating? How can you share your appreciation for getting through this time?	Create a comic that tells the story of a problem you have had recently and how you solved it. What is the lesson other people could learn from your experience?	Create a family portrait that captures your time together during this time of social distancing.	Create hearts for your home window and hang some pots and pans at 7 pm to celebrate the healthcare workers during this time. If you know a health care worker, write their name in the heart. Why is it important to celebrate them right now?	Play a game of Pictionary with your family members or a friend (virtually)