

I Can Do It

By Myself!

WORKSHOPS and PRODUCTS

Presented by:

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Today's Agenda

1. Purpose of Presentation
2. Profile of Independence
3. Strategies to Increase Independence in Young Students
4. Independence Building Activities

Workshop: I Can Do It By Myself!

1. Purpose of Presentation

- Define Activities of Daily Living by Students:
 - Dressing
 - Eating
 - Grooming
 - Transitioning
 - Manipulation of Classroom Materials
- To establish, reinforce, promote, or otherwise make clear that independence in daily activities is critical to the academic, social, and psychological health and growth of all human beings.
- To convey that competence (task mastery) leads to confidence and self-esteem which increases willingness to risk.
- To realize that, more than words, the phrase “I can do it by myself,” becomes a catalyst for future achievement and successes.

2. Profile of Independence in Daily Activities by Young Children

- What does it look like?
- How do we prevent it?
- How do we build it?

3. Strategies to Increase Independence in Young Students

- **Set Them Up for Success:**
 - a. Location, location, location! Think kid-friendly access for supplies, cubbies, snack stuff, etc...
 - b. Visual cues in the environment:
 - c. “Share It” Learning Activity:

- **Rapid Reinforcement for Results:**
 - a. Define motivator, present immediately at successful attempt/approximation of task upon initial learning of a task/skill.
 - b. Extend reinforcement as competence increases.
 - c. “Do It” Learning Activity:

- **Backward Chaining:**
 - a. Student “backs into” successful task completion. Works best when there are many possible “next-step” options (eg. shoe tying, putting on a coat).
 - b. Adult performs all but last step of task, student performs last step.
 - c. Student gradually progressively completes more of a task as adult does less and less of the task.
 - d. “Do It” Learning Activity:

4. Independence Building Activities

Opening/closing doors

Carrying/opening/closing backpack

Organizational Skills (retrieve/replace)

Managing glue bottle/stick

Grooming (washing hands, brushing teeth, bathing)

Dressing/undressing

Manage clothing fasteners

Assist with meal preparation (pouring, mixing, scooping, etc...)

Assist with packing lunch kit (spreading, peeling, picking, etc...)

Open/close food packages (baggies, straws, caps, etc...)

Feeding self

Feeding pets

Setting/clearing table

Filling/clearing dishwasher

Washing/drying dishes

Emptying trash

Sweeping (small and large)

Watering plants

Sorting anything (laundry, socks, paper, ribbons, utensils, etc...)

Assist with laundry process

Assist with grocery shopping process

Assist a younger child