*This is a document that was created for teachers who teach students with the most significant cognitive disability. It is public on the ADE website.

Supports for Students With Significant Cognitive Disabilities

Teachers,
This resource is being provided to support teachers of students with significant cognitive disabilities. The lesson ideas are divided by grade-band from kindergarten through high school. Sections are divided into functional activities associated with time of day (morning, afternoon, evening). Parents should be assured that they are not expected to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student. When possible, multiple resources are provided for a task, both virtual and those that do not require that the child have access to technology. Here you will find a sample lesson schedule and blank template to go along with these activities for both students and parents with and without access to technology.

Grade Bands

- K-3
- 4-8
- 9-12

If you would like to individualize this document, please click *File - Make a copy*. You will have your own copy that you can revise and edit as needed.

Grades K-3

This is a resource document for teachers to use to help create individualized daily/weekly lessons for students with significant cognitive disabilities. Parents should be assured that they are not to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student.

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
Morning	Hand Washing	Life skills, math	Sequencing, following directions, health and safety	Hand Washing video modeling	Hand washing sequence strip visual support Hand Washing sample data sheet
	Breakfast	Life skills, math, reading, receptive and expressive communication	Sequencing, measuring, reading a recipe, reciprocal communication, following verbal directions, etc.	Cereal for breakfast video modeling Making toast video modeling Table manners animated video Table manners realistic video	Prepare Breakfast Together a variety of recipes including visual supports. Table manners Visual cues including non-examples
	Getting Dressed	Life skills	Sequencing, requesting, weather-appropriate choices, attributes (long sleeve vs. short sleeve), color, fasteners	Dress for the weather interactive game Dress for the weather video	Getting dressed choice board Getting dressed picture schedule
	Sorting	Math, life skills	Descrimination, sequencing, making requests, attributes	Color sort interactive game Sorting socks video modeling Color sorting video	Sorting items allows a student to develop discrimination and fine motor skills (depending on the level of the student, activity may need to start with placing one type of item in a container) Make a sorting mat for the desired activity (placing mat in a page protector will increase its durability). How can this activity be designed to meet the student's transition needs?

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
	Calendar	Math, life skills, reading, writing, communication	Counting, patterns, weather, days of the week, months of the year	Let's make a calendar interactive game	Calendar journal example (This activity could be modified to meet the needs and instructional level of the individual student.)
	Share a story	Literacy	Reading aloud, either hard-copy or electronic stories, helps students develop early literacy skills, social skills, and life skills.	Parts of book video Take time to discuss parts of the book when appropriate. Storyline Online stories read aloud	Concepts of Print teach parts of a book: cover, back, spine… Reading left to right Reading from top to bottom Books with visual symbols imbedded in text
	Movement Break	Physical education	Gross motor movement (Choose activities to fit the needs and ability of the child.)	Yoga video #1 Yoga video #2	Obstacle Course resource for how to construct at home obstacle course. Gross Motor Activity choice board
	Writing	Reading, writing, life skills	Making lists, writing invitations, signing name, writing letters to family and friends	I Spy Alphabet interactive game Pre-writing interactive games	Pre-writing practice sheets can be used for writing or cutting. For reusable sheets, place them in a page protector and write with dry erase markers. Write letters to friends/relatives, take writing outside with sidewalk chalk or a bucket of water and paintbrush.
	Scavenger Hunt	Reading, writing, math, communication, physical education	Vocabulary, visual discrimination, measurement, parts of speech	Scavenger Hunt Song video	Home Scavenger Hunts can be designed for indoors or out. They can be individualized for the student's specific needs and environment. Example scavenger hunt form. This activity and form could be modified to meet the needs and instructional level of the individual student.
Afternoon	Lunch	Math, reading, life skills, communication	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	Making a pizza video All about measuring video	Practicing measuring activity allows students to measure different quantities. (Using two bins and rice makes this activity long lasting.)

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
	Let's write about it	Writing, literacy, communication	Create a story using apps and graphic organizers. Narrate a story to discuss characters, setting, events, and details of a story.	Story Maker interactive writing tool Story Prompt Generator interactive way to generate story ideas	Graphic Organizers allow students to collect their thoughts before putting them together into a sentence or story. Modify this activity to best meet the individual needs of the student; does he need a scribe, to work on sentences, to work on single words?
	Story time	Reading	Read aloud or independent reading of electronic stories helps students develop early literacy skills.	Tarheel Reader provides opportunities for assisted and independent reading. On-line books read aloud with signing	DLM guidance document to assist with the Tarheel Readers Select books by topic, ask guided questions using storyboard for students with limited oral communication skills. This is only an example of a storyboard. Example of a story with symbols for students with limited or no consistent mode of communication
	Movement Break	Gross motor, science, physical education	Movement, exercise	Head, Shoulders, Knees and Toes dance video Hokey Pokey dance video	Taking a movement break allows the student to reset her brain. Try dancing to a favorite song or playing outside.
	Fine Motor Movement	Fine motor	Manipulate small objects to complete a task, hand-eye coordination.	PBS Kids, ABCya, Starfall all contain interactive games that will allow a student to practice his fine motor skills.	TheraKids and Learning4Kids both provide ideas for fine motor activities within the home environment. Provide families with a list of selected activities that best meet the needs of the student.
	Feelings and Emotions	Social emotional	Explore various feelings and emotions through games, songs, movement, and additional activities.	Identifying feelings interactive game (no sounds) The Feelings Song video	Feelings directions for the game Cards in pdf for playing the game Feelings story simple to read feelings book

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
Evening	Dinner	Cognition, life skills	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	Food facts animated video Setting the table video modeling	Set Table for Dinner visual sequencing chart PrintableTable Setting Placemats are a great way to provide a visual to assist a student with this task.
	Field Trip Time	Cognition	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With Virtual Field Trips students can explore the world. From zoos to art museums, these trips allow the student to interact with the world. Provide a scavenger hunt to guide the trip.	Arkansas Field Trips provides a guide on things to explore in Arkansas. Nature Walk journal provides the opportunity for students to engage in conversation about what they see. This is only an example and should be individualized for the needs of your student. Sensory Adventure: Outside Exploration ideas on how to build guiding questions into a nature walk
	Take a Walk	Language, physical education	Expressive and receptive communication, directionality (left/right), attributes (big/small),		Take the dog for an evening walk. Get some exercise and play a game of I Spy.
	Brushing Teeth	Fine motor, life skills	Sequencing, health and safety, following directions	Tooth brushing video modeling	Tooth brushing visual schedule
	Process the Day	Cognition, social emotional, language arts	Creative writing, expressive language, process feelings, communication		Taking time to reflect on the day will help the student learn to reflect. This Social Story/feelings and this Daily Journal are both tools to help students reflect on the day.

(back to top)

Grades 4-8

This is a resource document for teachers to use to help create individualized daily/weekly lessons for students with significant cognitive disabilities. Parents should be assured that they are not to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student.

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
Morning	Hand Washing	Physical education, health	Sequencing, following directions, health and safety	Hand Washing video modeling	Hand washing sequence strip simple visual support Hand Washing advanced steps with visuals Hand Washing data sheet sample
	Breakfast	Math, English language arts, life skills, transition skills	Sequencing, measuring, reading recipe, reciprocal communication, following verbal directions, etc.	Making oatmeal video modeling	Making oatmeal visual recipe Making oatmeal visual recipe (multiple options; free to download)
	Hygiene	Science, physical education and health, life skills, transition skills	Sequencing, following directions, healthy and safety	The Importance of Good Hygiene video lesson	Using the restroom visual support Brushing teeth visual support Getting Dressed choice board
	Sorting	Math, life skills	Sorting laundry allows a student to develop discrimination skills (Depending on level of the student, the activity may need to start with placing one type of item in the basket.)	Sorting Laundry video modeling Sorting utensils video modeling Sorting pictures interactive game (requires free account) Sorting by size interactive game with closed captioning	Sorting can be an activity completed at home guided by the individual needs of the student. Sorting coins, laundry, letters, colors, and mail are all functional ways that sorting can be incorporated throughout the day. Make a sorting mat for the desired activity (placing mat in a page protector will increase its durability). How can this activity be designed to meet the student's transition needs?
	Share a Story	English language arts	Reading aloud and reading together, either hard-copy or electronic stories, helps students develop literacy	Parts of Book video discussing parts of the book Storyline Online	Concepts of Print teach parts of a book: cover, back, spine, reading left to right, and reading from top to bottom. Books with visual symbols imbedded in

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
			skills, social skills, and life skills.	stories read aloud Just Books stories read aloud	text
	Movement Break	Physical education and health	Gross motor movement (choose activities to fit the needs of the child)	Adaptive yoga video for kids Exercise video for kids Sitting exercise video animated	Obstacle course ideas with examples of visual supports
	Scavenger Hunt	Math, English language arts	Vocabulary, visual discrimination, measurement, parts of speech	Hidden Picture Game interactive game	When developing a scavenger hunt, think about the area of need you would like to target; also think about the related skills that will be important for the activity. Does the student need to develop expressive communication, does she need to work on "wh" questions, or attributes… the possibilities are endless. Scavenger Hunt ideas for home Neighborhood scavenger hunt template Color scavenger hunt template
Afternoon	Lunch	Math, English language arts	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	Measuring for cooking video Measuring liquids video modeling Making a PB&J video modeling Making grilled cheese video modeling	Prepare Lunch Together and Look n' Cook are examples of cookbooks with visual recipes. Find a recipe specific to your student's needs and develop a lesson around that activity. Consider measuring, fractions, counting, and nutrition as instructional areas to target.
	Literacy	English language arts	Create and narrate a story to discuss characters, setting, events, and details of a story.	Video for adults on how to lead this discussion.	Picture Story Cubes provide a fun way for students to get motivated about writing a story. Remember to use symbols the student is familiar with. Story map - sequencing of events

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
					Story map - parts of the story
	Movement Break	Physical education and health	Movement, exercise	GoNoddle: Jump, Squat, Turn Around (Following Directions) GoNoddle: A-Moose-Ta-Cha (Following Directions)	Provide an opportunity to play a game. Simon says, hide and seek, red light/ green light are all great ideas to get movement in while working on following single and multi-step directions. Make this type of visual board so students with limited communication can participate fully in the game.
	Literacy	English language arts	Read aloud or independent reading of electronic stories helps students develop early literacy skills	Tarheel Reader provides opportunities for assisted and independent reading. On-line books read aloud with signing	DLM guidance document assists with the Tarheel Readers. Select books by topic, and ask guided questions using storyboard for students with limited oral communication skills. This is only an example of a storyboard. This is an example of a story with symbols for students with limited or no consistent mode of communication. This story would need to be adjusted based on individual student needs.
	Fine Motor Movement	Computer science	Manipulate small objects to complete a task, hand-eye coordination, and typing	Activities for engagement in an educational environment ABCya 4th grade ABCya 5th grade ABCya 6th grade and up Learn to Type modeling and practicing typing	TheraKids and Learning4Kids both provide ideas for fine motor activities within the home environment. Provide families with a list of selected activities that best meet the needs of the student. This article provides examples of fine and gross motor activities in the home environment specifically for older students.
	Feelings and Emotions	Behavioral skills, social/emotional skills, life skills	Behavioral, communication	The Feelings Game interactive game to identify face expressions	Using Emotion Faces or Anger Management Skills visual cards could help students to communicate their feelings. Remember that students must

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
				Identifying emotions in others interactive video Explaining feelings video	first understand what the visual means before they can use it. Small Talk Discussion Cards provide discussion prompts to get students talking about feelings.
Evening	Preparing Dinner	Life skills, transition skills	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	Setting the Table video guide	Set Table for Dinner visual task list Table setting cue card
	Field Trip Time	Math, English language arts, science, history	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With Virtual Field Trips students can explore the world. From zoos to art museums, these trips allow the student to interact with the world. Provide a scavenger hunt to guide the trip.	Go on a nature walk and look for animals native to Arkansas. Arkansas Game and Fish Commission Free Resources (multiple resources are available including informational pamphlets, recipes, and a section for students resources)
	Take a Walk	English language arts	Expressive and receptive communication, directionality (left/right), attributes (big/small),	Hidden Pictures Digital Play interactive game Highlights Kids Hidden Pictures interactive game	Take the dog for an evening walk. Get some exercise and play a game of I Spy. Sensory Adventure: Outside Exploration ideas on how to build guiding questions into a nature walk.
	Brushing Teeth	Physical education and health	Following verbal (Video Modeling) and/or visual (Visual Task List) directions to complete a given task. Sequencing, health and safety.	Video Modeling step-by-step modeling of how to brush your teeth	Visual Task List basic visual steps to brush your teeth Visual task list complex steps to brushing your teeth Step-by-step guide to brushing your teeth
	Process the Day	English language arts, behavioral skills	Reciprocal communication, answering what/who questions, providing	Visual Dictionary interactive tool to assist with writing	Taking time to reflect on the day will help the student learn to reflect. This Social Story/feelings and this Daily

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
			information with supporting details	and word finding	Journal are both tools to help students reflect on the day. Talk with the student about her day. Create an individualized storyboard (example) to facilitate this conversation using some of these guiding questions.

(back to top)

Grades 9-12

This is a resource document for teachers to use to help create individualized daily/weekly lessons for students with significant cognitive disabilities. Parents should be assured that they are not to complete each activity with their child each day. The teacher and parent should work together to select activities that will help meet the needs of the individual student.

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
Morning	Hand Washing	Math, reading, life skills, science	Sequencing, following directions, health and safety	Video Modeling Hand Washing instructional video on how to wash hands	Hand Washing Data Sheet Data tracking chart for hand-washing procedures Hand Washing steps with Visuals picture sequencing of hand-washing procedures
	Preparing Breakfast	Math, English language arts, life skills, transition skills	Sequencing, measuring, reading recipe, reciprocal communication, following verbal directions, etc.	Cooking Waffles video modeling	Waffle recipe visual recipe (multiple options, free to download) Visual recipe for pancakes visual recipe Communication board example for students with limited communication.
	Getting Dressed	Math, reading, life skills, science	Sequencing, requesting, weather-appropriate choices, attributes (long sleeve vs. short sleeve), color, fasteners	Dressing Weather Appropriately interactive game with scenarios	Getting Dressed choice board Skills that could be addressed during this time: dressing for the weather, temperature, dressing for the activity, left/right, inside/outside, etc. Individualize this activity to meet the needs of the student and the home environment.
	Sorting	Math, life skills	Sorting household items allows a student to develop discrimination skills (Depending on the level of the student, the activity may need to start with placing one type of item in a container.)	Seasons Suitcase Sort, Sorting Waste and Break the Bank are all interactive sorting games Sorting coins video modeling	Sorting items allows a student to develop discrimination and fine motor skills (depending on the level of the student, activity may need to start with placing one type of item in a container) Benefits of functional activities is an article explaining life skills.
	Reading Time	All	Reading aloud, either hard-copy or electronic stories, helps students develop early	Tarheel Reader provides opportunities for	DLM guidance document assists with the Tarheel Readers

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
			literacy skills, social skills, and life skills.	assisted and independent reading. On-line books read aloud with available signing.	Books with visual symbol text provide an opportunity for students with limited communication to share in the reading. Select books by topic, and ask guided questions using storyboard for students with limited oral communication skills. This is only an example of a storyboard. This is an example of a story with symbols for students with limited or no consistent mode of communication. This story would need to be adjusted based on individual student needs.
	Movement Break	Physical education	Gross motor movement (choose activities to fit the needs of the student)	WheelChair Yoga interactive video Exercise Part 1 and Exercise Part 2 are videos designed for teens and young adults with disabilities.	Activity Choice Board provides the opportunity for increased communication and choice for students.
	Scavenger Hunt	All	Sorting colors, vocabulary, visual discrimination	Design a scavenger hunt where students take pictures of the items they find, place them in a google doc and submit it to you (Directions to Flippity).	Create a scavenger hunt for your students using google forms; here's how! Riddle scavenger hunt #1 and Riddle Scavenger Hunt #2 are examples of scavenger hunts that can be modified to meet the needs of the student.
Afternoon	Preparing Lunch	Math, reading, science	Sequencing, measuring, reading a recipe, reciprocal communication, etc.	Balanced Meals Video educational video Food Nutrition interactive game Making a PB&J video	Take this Grocery Store Bingo to the store or *shop* virtually; either way, this is an activity that builds functional academics. Remember to consider the communication needs of the student. Does she need a communication board to accompany this

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
				modeling	activity? Meal time communication board example for students with limited communication.
	Writing Time	Writing, literacy, language	Create a story using apps. Narrate a story to discuss characters, setting, events, and details of a story.	Story Maker interactive writing tool Story Prompt Generator interactive game to help develop story ideas	Develop writing activities based on the needs of the students. If engagement is a need, use Story Prompts to motivate the student. If the student is writing simple sentences, use Sentence Stretching to increase complexity. If the student is ready for a paragraph, build the activity using the paragraph Graphic Organizer. Remember to allow for the student to *write* using whatever mode is most beneficial for them (a scribe, voice recording, communication board, drawing, typing, etc.)
	Movement Break	Gross motor, science	Movement, exercise	Move and freeze interactive video	Have a dance party movement break, try Rollin' the Moves
	Fine Motor Movement	Physical education	Manipulate small objects to complete a task and build hand-eye coordination	Activities located on these links technology engagement in an educational environment. Fine Motor Technology Brain Break interactive games	TheraKids and Learning4Kids both provide ideas for fine motor activities within the home environment. Provide families with a list of selected activities that best meet the needs of the student. This article provides examples of fine and gross motor activities in the home environment specifically for older students.
	Feelings and Emotions	Social skills, life skills, health and safety	Functional life skills, emotional regulation, social skills, communication, behavior	Robbie the Robot interactive game The Feelings Game interactive game identifying facial	Emotions Choice Board, Emotion cards, and Emotions Check-in are all tools that could be used to support the student in learning and expressing emotions. It is oftentimes easier for students to recognize emotions in others before they are able to

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
				expressions Emotions Video animated video modeling scenarios	identify them internally.
Evening	Preparing Dinner	Math, reading, science	Following directions, directionality (left/right), attributes (big/small), reciprocal communication	Washing Dishes video modeling of washing dishes by hand Washing Dishes with Dishwasher video modeling of loading a dishwasher	Prepare Lunch Together and Look n' Cook are examples of cookbooks with visual recipes. Find a recipe specific to your student's needs and develop a lesson around that activity. Consider measuring, fractions, counting, and nutrition as instructional areas to target. Skills that can be reinforced around dinner time: washing dishes (visual task list), setting the table (visual task list), or cleaning up after the meal are all areas to think about incorporating into activities.
	Field Trip Time	All	World/community exploration, vocabulary acquisition, directionality (left/right), attributes (big/small)	With Virtual Field Trips students can explore the world. From zoos to art museums these trips allow the student to interact with the world. Provide a scavenger hunt to guide the trip.	How to plan a virtual field trip? Think about guided activities for the virtual field trips. How can these activities be connected to the student's post-secondary goals? Try developing a lesson around virtual job shadowing.
	Take a walk	Physical education	Expressive and receptive communication, directionality (left/right), attributes (big/small)	Hidden Pictures Digital Play interactive game Highlights Kids Hidden Pictures interactive I Spy Shapes animated interactive game	Get some exercise, take a walk and play a game of I Spy or go on a nature walk scavenger hunt ideas on how to build guiding questions into a nature walk. Remember, communication is key. Does the student need a communication board for this activity?

Time of Day	Daily Activity	Subject	Skills	Virtual Activity	Technology-Free Activity
	Brushing Teeth	Physical education and health	Following verbal (Video Modeling) and/or visual (Visual Task List) directions to complete a given task. Sequencing, health and safety.	Video Modeling video modeling	Visual Task List basic visual steps to brush your teeth Visual task list - complex steps to brushing your teeth
	Process the Day	Reading, writing, functional skills, life skills, social emotional skills	Reciprocal communication, answering what/who questions, providing information with supporting details	Visual Dictionary interactive tool to assist with writing and word finding.	Taking time to reflect on the day will help the student learn to reflect. This Social Story/feelings story and daily journal are both tools to help students reflect on the day. Talk with the student about her day. Create an individualized storyboard (example) to facilitate this conversation using some of these guiding questions.

(back to top)