**Daily Living Skills Choice Board – High School**

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| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Make your bed** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Practice Signature/Address** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Clean your room** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Move the laundry from washer to the dryer** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Set the table** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Help make breakfast** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Fold laundry/Hang your clothes** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Play a board game** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Load Dishwasher or wash dishes** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Help make lunch** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Watch movie with your family & discuss** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Vacuum/Sweep** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Unload Dishwasher or put dishes away** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Bake cookies/cake** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Play a card game** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Help fold laundry and put items away** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Match & fold socks** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Watch a show about animals & discuss**  | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Help make dinner** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Clean off the table after a meal** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Help make a snack** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Read a book** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Find Yoga video and breathe** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Have a dance party** |
| Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Take a shower/brush teeth** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Karaoke/Sing-a-long** | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Take a walk**  | Date completed \_\_\_\_\_ Initials \_\_\_\_\_\_**Find work-out video and try it** |