**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** |