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SCOPE and SEQUENCE

Special Education
Skills Suite

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Life Skills		
Course	Unit	Topic
Life Skills (K-2)	1. Personal Care	1. Eating Habits
		2. Choosing Clothes
		3. Keeping Clean
		4. Bathroom Choices
		5. Awareness
	2. Independent Living	1. About Me
		2. Identifying Food
		3. Chores
		4. Paying Attention
		5. Routines
		6. Responsibility
	3. Health Management	1. At Home
		2. In the Community
		3. Exercise
		4. Emotional Well-Being
		5. Playtime
	4. Use of Tools & Devices	1. Use of Home Tools
		2. Use of School Tools
		3. Use of Community Tools
		4. Use of Chore Tools
		5. Use of Online Tools
	5. Money Management	1. Identifying Money
		2. Identifying Needs
		3. Identifying Wants
		4. Getting Items
		5. Comparing Money
	6. Safety Practices	1. Identifying Street Signs
		2. Identifying an Emergency
		3. Personal Safety
		4. Animal Safety
5. Playground		

Life Skills		
Course	Unit	Topic
	7. Community Access	1. Land Transportation
		2. Recreation Centers
		3. Grocery Stores
		4. Cafeterias
		5. Movie Theaters

Life Skills		
Course	Unit	Topic
Life Skills (3-5)	1. Personal Care	1. Table Manners
		2. Dress Consciousness
		3. Hygiene Routines
		4. Bathroom Habits
		5. Consciousness
	2. Independent Living	1. Giving Information
		2. Food Groups
		3. School Chores
		4. Focusing on Surroundings
		5. Schedules
		6. Self- Control
	3. Health Management	1. Family Time
		2. Community Involvement
		3. Physical Activity
		4. Mental Wellness
		5. Free Time
	4. Use of Tools & Devices	1. Use of Home Devices
		2. Use of School Devices
		3. Use of Community Devices
		4. Use of Chore Devices
		5. Use of Online Devices
	5. Money Management	1. Money Uses
		2. Recognizing Needs
		3. Recognizing Wants
		4. Buying Items
		5. Calculating Money
	6. Safety Practices	1. Identifying Environmental Signs
		2. Identifying Alarms
		3. Personal Well-Being
		4. Contact with Animals
5. Recess		

Life Skills		
Course	Unit	Topic
	7. Community Access	1. Air & Water Transportation
		2. Recreation Sites
		3. Supermarkets
		4. Restaurants
		5. HealthCare Facilities

Life Skills		
Course	Unit	Topic
Life Skills (6-8)	1. Personal Care	1. Healthy Eating
		2. Clothing Types
		3. Personal Hygiene
		4. Restroom Etiquette
		5. Self-Awareness
	2. Independent Living	1. Personal Information
		2. Food Preparation
		3. Household Chores
		4. Environment Conscious
		5. Timetables
		6. Self-Regulate
	3. Health Management	1. Family Involvement
		2. Community Participation
		3. Physical Fitness
		4. Mental Hygiene
		5. Leisure Time
	4. Use of Tools & Devices	1. Use of Home Tools & Devices
		2. Use of School Tools & Devices
		3. Use of Community Tools & Devices
		4. Use of Job Tools & Devices
		5. Use of Online Tools & Devices
	5. Money Management	1. Money Values
		2. Understanding Needs
		3. Understanding Wants
		4. Purchasing Items
		5. Balancing Money
	6. Safety Practices	1. Identifying Environmental Symbols
		2. Recognizing Accidents
		3. Physical & Social Interactions
		4. Involvement with Animals
5. Recreation Awareness		

Life Skills		
Course	Unit	Topic
	7. Community Access	1. Modes of Transportation
		2. Community Centers
		3. Outdoor Food Markets
		4. Cafes & Diners
		5. Convention Centers & Museums

Life Skills		
Course	Unit	Topic
Life Skills (9-12)	1. Personal Care	1. Eating Out
		2. Dress Etiquette
		3. Cleanliness
		4. Restroom Manners
		5. Self-Perception
	2. Independent Living	1. Oversharing Information
		2. Food Palate
		3. Everyday Chores
		4. Mindfulness
		5. Planning
	3. Health Management	1. Quality Family Time
		2. Community Outreach
		3. Staying Active
		4. Mental Health
		5. Traveling
	4. Use of Tools & Devices	1. Use of Household Technology
		2. Use of School Technology
		3. Use of Community Technology
		4. Use of Career Technology
		5. Use of Online Technology
	5. Money Management	1. Function of Money
		2. Essential Needs
		3. Wish Lists
		4. Obtaining Items
		5. Money Investments
6. Safety Practices	1. Understanding Signs & Symbols	
	2. Identifying A Crisis	
	3. Online Interactions	
	4. Participating with Animals	
	5. Recreation Choices	

Life Skills		
Course	Unit	Topic
	7. Community Access	1. Traveling
		2. Civic Centers
		3. Convenience Stores
		4. Taverns & Coffeehouses
		5. Financial Institutions

Social Skills		
Course	Unit	Topic
Social Skills (K-2)	1. Self-Awareness	1. What Makes Me Happy?
		2. All About Me
		3. I Can Do It!
		4. My Choices
		5. Choosing Goals
		6. Same & Different
		7. Why We Do Things
	2. Self-Management	1. How Do I Feel?
		2. My Needs
		3. How Can I Stay Calm?
		4. Stop, Think, Act
		5. Waiting My Turn
		6. Why?
		7. Making Plans
		8. Organizing My Things
	3. Social Awareness	9. Using My Imagination
		1. How We Think About Things
		2. Being Kind
		3. Being Respectful
		4. We Are All Unique
		5. Knowing the Rules
	4. Relationship Skills	6. Making Friends
		1. Sharing Thoughts
		2. Being My Own Person
		3. Being A Friend
		4. Acting with Kindness
		5. Getting Along
		6. How Can I Help?
		7. How Do I Show I Care?
	8. I Can Do It!	

Social Skills		
Course	Unit	Topic
	5.Decision-Making	1. We All Have Ideas!
		2. Finding a Solution
		3. Solving a Problem
		4. Making Good Choices
		5. Me & My Community
		6. Me & My Family

Social Skills		
Course	Unit	Topic
Social Skills (3-5)	1. Self-Awareness	1. My Feelings
		2. Being a Good Friend
		3. Knowing My Skills
		4. Solving Problems
		5. Setting Goals
		6. Perspectives
		7. What Is Important to Me?
	2. Self-Management	1. My Well-Being
		2. Keeping My Cool
		3. Why Am I Upset?
		4. Stop, Think, Act
		5. Persistence
		6. Working Hard
		7. What's Important?
		8. Organizing My Things
	3. Social Awareness	1. Understanding Why
		2. Togetherness
		3. Being Thankful
		4. Everyone is Different
		5. My Best Behavior
		6. Connecting with Others
	4. Relationship Skills	1. Communicating with Others
		2. How Are We Alike and Different?
		3. Building Relationships
		4. Working Together
		5. Solving a Problem
		6. Helping Others
		7. How Do I Respect Others?
8. Determination		

Social Skills		
Course	Unit	Topic
	5.Decision-Making	1. Being Flexible
		2. Finding Solutions
		3. Making Decisions
		4. Respecting Differences
		5. Helping My Community
		6. Life at Home

Social Skills		
Course	Unit	Topic
Social Skills (6-8)	1. Self-Awareness	1. Managing My Emotions
		2. I Belong!
		3. My Growth Mindset
		4. Finding Solutions
		5. Setting Goals
		6. Understanding Perspectives
		7. Taking Action
	2. Self-Management	1. Feeling My Emotions
		2. Working Through My Emotions
		3. Managing Stress
		4. My Actions
		5. Keep Trying
		6. My Motivations
		7. What Are My Goals?
		8. Staying Organized
		9. Reaching My Goals
	3. Social Awareness	1. My Mindset
		2. Understanding How Others Feel
		3. Showing Gratitude
		4. Embracing Differences
		5. Accepting Others
		6. Feeling Included
	4. Relationship Skills	1. Communicating Clearly
		2. Interacting with Others
		3. Making Connections
		4. Teamwork
		5. Learning to Compromise
		6. Being a Good Friend
7. Being a Good Influence		
8. Determination		

Social Skills		
Course	Unit	Topic
	5.Decision-Making	1. Being Fair
		2. Finding the Best Solution
		3. Understanding Situations
		4. Responsibilities
		5. Being Part of the Community
		6. Traditions at Home

Social Skills		
Course	Unit	Topic
Social Skills (9-12)	1. Self-Awareness	1. Remembering How I Felt
		2. Feeling Accepted
		3. Using My Strengths
		4. Different Viewpoints
		5. Achieving My Goals
		6. What Makes You Different?
		7. Determination
	2. Self-Management	1. Mental Well-Being
		2. Managing My Impulses
		3. Reducing Stress
		4. Staying on Track
		5. My Commitments
		6. Reasoning with Others
		7. Setting My Goals
		8. My Routine
		9. Taking the Lead
	3. Social Awareness	1. Recognizing Different Point of Views
		2. Showing Empathy
		3. Being Thankful
		4. Showing Respect
		5. Accepting Differences
		6. Accepting Others
	4. Relationship Skills	1. Reading Body Language
		2. Community Awareness
		3. Building Relationships
		4. Working Together
		5. Coming to an Agreement
		6. Asking for Help
7. Being a Good Role Model		
8. Self-Advocacy		

Social Skills		
Course	Unit	Topic
	5.Decision-Making	1. Keeping an Open Mind
		2. Solving Difficult Problems
		3. Examining Situations
		4. Leading by Good Example
		5. Setting Community Goals
		6. Needs at Home

Transition/Vocational Skills		
Course	Unit	Topic
Transition/Vocational Skills (Ages 14-22)	1. Self-Determination	1. Service Agencies
		2. Accessing Services
	2. Self-Advocacy	1. Plan Development
		2. Taking Responsibility
	3. Career Development	1. IEP Meetings
		2. Post-Secondary Goals
	4. Job Seeking Skills	1. Applying for Jobs
		2. Resume
		3. Interviews
	5. Personal Management	1. Paystubs
		2. Ethics
	6. Career Attire	1. Work Wardrobe
		2. Body Care
	7. Job Performance	1. Technology Supports
		2. Employability Skills
	8. Workplace Awareness	1. Safety Issues
		2. Injury Prevention
	9. Job Demands	1. Endurance/ Stamina
		2. Motor Skills/ Sensory Discrimination
		3. Temperature/Weather Conditions
		4. Alertness
	10. Interpersonal Skills	1. Conversations
		2. Resolving Conflicts
	11. Empathy Skills	1. Attitude
2. Greetings/Condolences		
3. Concern/Sympathy		
4. Special Occasions		
5. Gestures		
12. Employment Settings	1. Leadership/Chain of Command	
	2. Departments	
	3. Teamwork	

Transition/Vocational Skills		
Course	Unit	Topic
	13. Workplaces in the Community	1. Environments
		2. Products/Services
	14. Employability Skills	1. Volunteer Experiences
		2. Co-Op Programs
		3. Part-time Employment