

Dear Transition Students,

Below is a list of activities that I encourage you to complete during week one. I will be contacting you twice a week to see how are things going at home, if you need help, or suggestions that can help prepare you for independent life!

Cooking: This week, plan to participate in making a meal at home or help prepare a meal with a guardian/ parent. Please write the steps you participated in to create a meal:

1. What meal are you planning to prepare? _____

2. Where did you find the recipe? (Circle one)
 - a. Online
 - b. Family recipe
 - c. Cookbook

3. What are the (4) main ingredients for the meal?
 - a. _____

 - b. _____

 - c. _____

 - d. _____

4. What kitchen materials did you have to use? (Check each that apply)
 - Bowls/ Plates/ Cutting boards
 - Utensils: forks/ knives/ spoons
 - Oven
 - Microwave
 - Blender
 - Mixing bowl
 - Dish Washer
 - Pans/ Pots

5. Draw a picture of the steps you took to prepare the meal. Be sure to label all the utensils you used in preparing the meal.

6. How was your meal? Would you make it again?

- Yes, it was great!
 No, I would not prepare that meal.

Recreation/ Leisure

1. Check any activity that you have done during the school closure:

- Walking/ running
 Reading
 Watching Movies
 Board games
 Video games
 Computer
 Social Media

2. Watch a movie or read a book.
 - a. Who is the character?

 - b. What is the story about?

 - c. What was your favorite part of the story?

 - d. Did you like the story?

3. Build a calendar of what activities you do throughout the week (fill-in calendar):

Time of Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM					
8:00 AM					
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00PM					
5:00 PM					
6:00 PM					
7:00 PM					
8:00 PM					

1. What time do you get up in the morning?
2. When do you eat?
3. What activities do you do?
4. What time is dinner?
5. What time do you go to bed?

Shopping

Are you going shopping this week?

1. What store?

Fred Meyers

Albertson's

Wal-Mart

Sherm's Thunderbird

Other: _____

2. Create a list for shopping at the store. Include product, quantity, and how much each item costs.

Item	QTY	\$
Produce (Lettuce, vegetables, and fruits)		
1.		
2.		
3.		
4.		
Grains (Bread, noodles, and cereals)		
1.		
2.		
3.		
4.		
Dairy (Cheese, milk, and butter)		
1.		
2.		
3.		
4.		
Meat (Beef, chicken, and fish)		
1.		
2.		
3.		
4.		
Total		

Pre-Employment Skills:



1. Match each drink with the correct milk.

Latte

Chocolate Milk

Mocha

Half and Half

Breve

Water

Americano

2% Milk

2. Complete the JO2GO word search.

JO2GO Word Search

R	O	V	A	L	F	C	C	F	R	L	T	R	S
L	L	N	I	E	H	E	N	E	I	O	R	R	N
D	O	M	G	O	V	H	D	L	H	F	B	I	O
E	M	E	R	D	R	N	E	S	E	S	E	S	A
M	O	U	P	M	I	P	U	C	E	C	P	O	N
S	C	C	S	R	E	E	E	V	E	R	B	T	A
M	H	O	G	I	A	M	E	R	I	C	A	N	O
O	A	F	R	S	O	A	V	F	O	E	N	N	V
O	O	F	S	P	O	O	N	R	R	N	V	C	E
T	M	E	N	G	O	S	L	E	E	V	E	C	V
H	C	E	T	T	E	E	E	D	I	F	N	E	H
I	C	C	V	E	G	L	E	E	T	T	A	L	
E	A	I	C	A	R	A	M	E	L	F	R	V	C
E	S	R	E	D	N	E	L	B	E	C	T	L	S

SPOON
GRINDER
SMOOTHIE
LATTE
AMERICANO
MOCHA
BLENDER
CUP
SLEEVE
FLAVOR
BREVE
ICE
SHOT
CARAMEL
COFFEE

