



Attainment's

# Aligning Life Skills to Academics Worksheet Directory

**Math**  
**Social Studies**  
**Science/Health**  
**Language Arts**



**650  
transition  
worksheets**

**Ellen McPeck Glisan, Ph.D**



***Aligning Life Skills to Academics*** is a collection of 650 worksheets that support life skill activities and align with math, science/health, social studies, and language arts curriculum areas. Depending on an individual student's needs, these materials can be used to supplement regular class activities or can provide the core material for an academic class focused primarily on life skill transition objectives.

Author: Dr. Ellen McPeck Glisan, Ph.D  
Cover and book design: Jo Reynolds  
Production coordinator: David Nelson

*Aligning Life Skills to Academics*

ISBN 1-57861-668-9

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Printed in China

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**Attainment Company, Inc.**

P.O. Box 930160

Verona, Wisconsin 53593-0160 USA

1-800-327-4269

[www.AttainmentCompany.com](http://www.AttainmentCompany.com)

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# Introduction to the *Aligning Life Skills to Academics Program*

Incorporating life skills into academic classes helps students understand the connection between school and their daily lives. Having such an understanding often helps students find school more meaningful and helps them see a bigger picture in which many daily-living functions take on a logical order. Students who are comfortable with this bigger picture are more likely to successfully manage their personal lives.

The 650 functional life skills addressed by the *Aligning Life Skills to Academics Program* smoothly integrates life skill activities into a subject-based academic curriculum through the concept of “functional academics.” Each life skill is supported by both the worksheets catalogued in this book and by the interactive lesson plans in the companion *Life Skill Lessons* book. Both collections are aligned with math, social studies, science/health, and language arts curriculum areas. Curriculum alignment means that these worksheets and lessons are optimized for integration with departmentalized academic programs. Depending on an individual student’s needs, these materials can be a quick daily addition to a regular academic class or can provide the core material for a life skills-based core functional academic class.

To maintain student interest and to meet the objective of the widely varied 650 skills, the *Life Skill Worksheets* include many types of activities, including matching, cut-and-paste, multiple choice, checklists, fill-in-the-blank, drawing, short answer, listing, chart completion, banking forms, and calendar notations. The *Life Skill Lessons* are guided activity plans that support the same life skill topics. Both the worksheets and the guided activities focus on giving students an understanding of a specific skill as well as providing opportunities to practice the skills.

## **Students with minimal disabilities in mainstream classrooms**

For students with minimal disabilities who are part of a mainstream classroom environment, successful transition planning depends on a balanced relationship to curriculum. The *Life Skill Worksheets* can be used in regular-level academic classrooms as well as special needs classrooms. From the top gifted child down to the student with the most struggles, all students in a regular-curriculum classroom can benefit from life skill awareness activities. For example, a regular math class might start out each day with a quick life skill activity.

## **Alternate assessment students**

Students who qualify for alternate achievement standards, usually involving cognitive disabilities, especially need instructional material that aligns with general education – the worksheets and lessons provide a method of integrating life skills without disrupting a school’s academic requirements or daily structure. The *Life Skill Worksheets* can be used as the basis for a classroom experience focused on transition planning while also coordinating with academic subjects.

If working with worksheets is too difficult for students, the *Life Skill Lessons* provide learning materials that support the same life skill topics with teacher-guided activities. Both the worksheets and the teacher-guided activities can be adapted and modified to suit each student and teacher.

## **The IEP team**

The Individuals with Disabilities Act (IDEA) requires that a student’s Individual Educational Plan (IEP) include a coordinated set of transition activities. Life skill training is a key component in assuring that each student has a reasonable chance of a smooth movement from school to post-school activities.

The instructional domains mandated by the IDEA initiative represent a broad set of student needs. The *Life Skill Worksheets* and *Life Skill Lessons* were created to help teachers and IEP teams address those needs with outcome-oriented, process-specific objectives.

# Using the *Aligning Life Skills Worksheets*

Use the printed directory to find and preview worksheets, then use the document software to save worksheet PDF documents to your computer. The worksheets may be used as either color or black and white pages. An answer key version of each worksheet is also available.

### Understanding Net and Gross Pay Ma 104

Directions: Use the two paycheck deduction slips to answer the questions below.

Name: Diana Wilson				Date: March 15, 2010				Check # 4892							
Hours	Rate	Gross Pay	Tax	Health	Ret.	Other	Net Pay	Hours	Rate	Gross Pay	Tax	Health	Ret.	Other	Net Pay
40	\$10.00	400.00	25.00	20.00	20.00	20.00	325.00	40	\$10.00	400.00	25.00	20.00	20.00	20.00	325.00

Home Depot Store: 10000 Main St., Atlanta, GA 30301  
 Home Depot Store: 10000 Main St., Atlanta, GA 30301

1. How much money did Diana earn (Gross Pay)? \_\_\_\_\_  
 2. How much is Diana's take home pay? In other words, how much money does she actually have to spend? \_\_\_\_\_  
 3. Write the math problem to show how Diana can check to see if her take home pay is correct.  
 4. Write the math problem to show how Diana can check to see if her take home pay is correct.  
 5. Write the math problem to show how Diana can check to see if her take home pay is correct.  
 6. Write the math problem to show how Diana can check to see if her take home pay is correct.  
 7. Write the math problem to show how Diana can check to see if her take home pay is correct.

### Understanding Quantity Relationships Ma 105

Directions: Number these containers from the one that will hold the most (#1) to the one that will hold the least (#5). Think only of having containers level full, not piled high.

2-liter soda bottle

gallon zipper bag

9"x 12" cake pan

typical coffee mug

2-quart pitcher

Directions: Number these substances from the one that would require the largest container (#1) to the one that would require the smallest container (5).

a pound of small rocks

a pound of water

one brick that weighs one pound

a pound of blown-up balloons

**Math 45**

### Understanding Quantity Relationships

Directions: Number these containers from the one that will hold the most (#1) to the one that will hold the least (#5). Think only of having containers level full, not piled high.

2-liter soda bottle

gallon zipper bag

9"x 12" cake pan

typical coffee mug

2-quart pitcher

Directions: Number these substances from the one that would require the largest container (#1) to the one that would require the smallest container (5).

a pound of small rocks

a pound of water

a pound of tissue lightly dropped into a pile

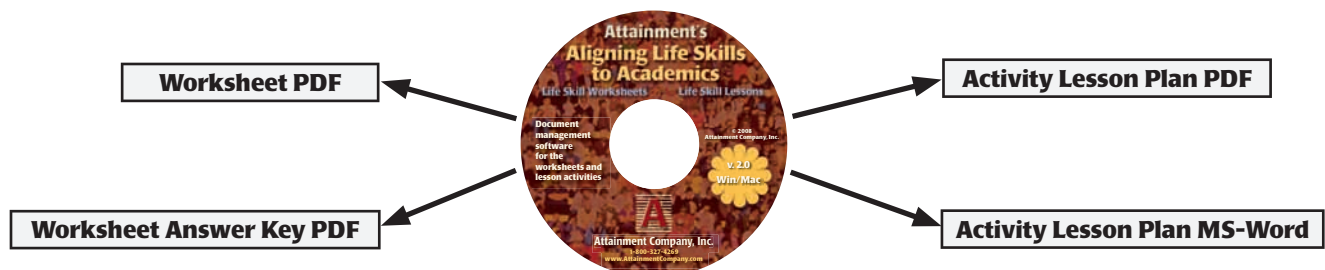
one brick that weighs one pound

a pound of blown-up balloons

**Ma 105**

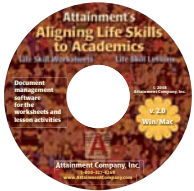
Each worksheet has a companion activity lesson plan (see page 14) that addresses the same life skill theme. These guided activities are available as PDF documents or as MS Word files that can be edited.

The 650 *Aligning Life Skills to Academics* worksheets are available as PDF documents for printing. Adobe Acrobat Reader software is required to display and print the worksheets (Acrobat Reader is available from the installation disk).



***The document software makes it easy to locate and save worksheet and activity files.***

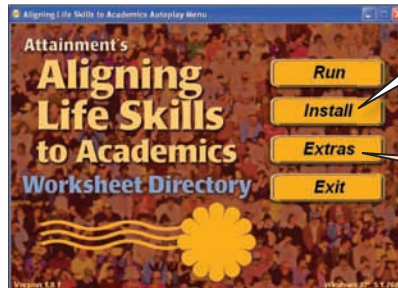
# Software Instructions



The *Aligning Life Skills to Academics* worksheets are available as PDF files to be printed out for student use. Find and save files to your computer by using the provided document management software tool.

## System Requirements

- Windows 2000 or higher
- Mac OS 10.2 or higher
- 32 MB RAM
- Adobe Acrobat Reader
- Java



Windows auto-play installer screen

The software can be run from the disk or be installed to your computer. When installed, the CD is not needed.

If needed, Adobe Acrobat Reader and Java software are available here for installation. For Mac installations, use the "Extras" folder.

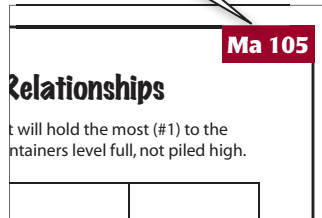
## STEP ONE: Find the worksheets that you want to use.

The document software provides **three ways to find worksheets:**

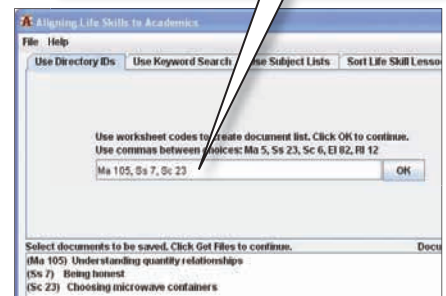
### Use the directory identifier codes

Each worksheet has a directory ID code. One or more of these IDs can be entered to pull up those worksheet titles to the file selection list.

Each worksheet has an ID code directory label.

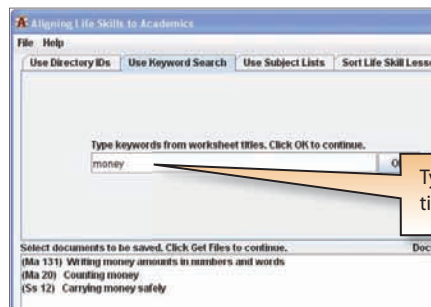


Type worksheet directory codes here to retrieve specific worksheet documents.



### Use title keywords

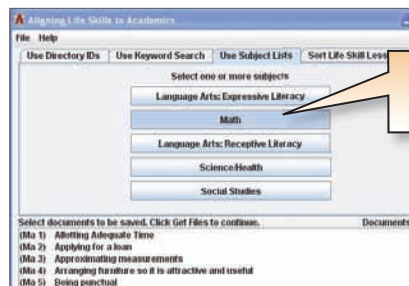
One or more keywords can be entered to find worksheet titles that contain those keywords.



Type one or more keywords to find worksheet titles that include those works.

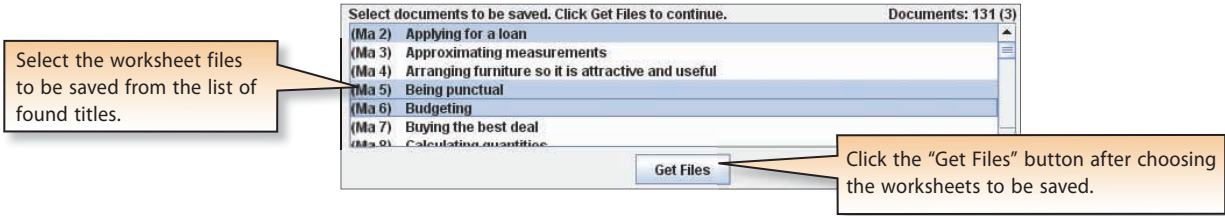
### Choose from complete subject lists

Browse through a complete subject group of worksheet titles.

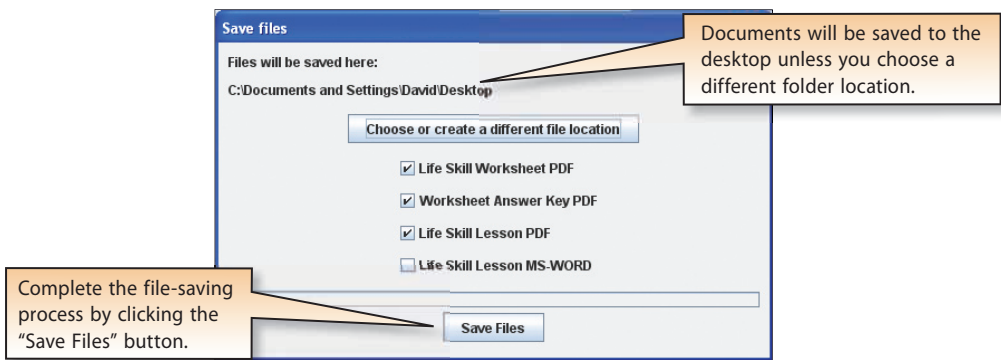


Select a subject list to browse all worksheet titles in that subject group.

**STEP TWO: From the listing of worksheet titles, select the ones to be saved and then click the "Get Files" button.**



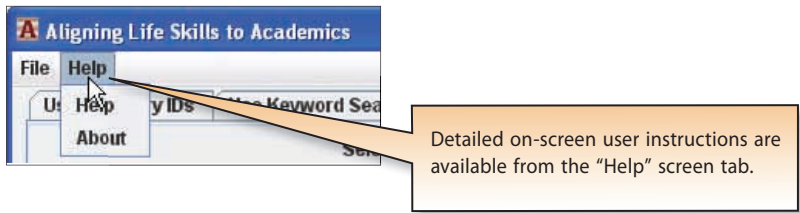
**STEP THREE: Choose which document formats are to be saved. Files will be saved to your desktop unless you select a different folder location.**



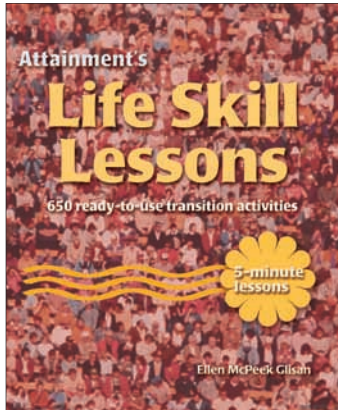
**STEP FOUR: Click the "Save Files" button. The documents are now ready to print or send as an email attachment.**

**NEED HELP?**

**Detailed user instructions are available from the software.**



# Life Skill Lessons Guided Activity Plans



Each of the worksheet life skills is supported by an activity plan from *Life Skill Lessons*. The 650 activities in this book each take only a few minutes to complete, and cover different tasks, ideas, and skills that adults use in their daily lives.

<b>Ma 46: Identifying months by numbers</b>		<b>FUTR Tool:</b> no <b>PACT:</b> yes
<b>Supplies:</b> None		
As a group, say the months and their numbers in order. (Example: 1–January, 2–February, etc.) Then, call out months and ask volunteers to give the numbers. Begin with the first three and last three months and call each out several times. When students are good at those six months, work on the middle six months. Finally, work on 12 months randomly. Periodically, repeat the saying of all 12 months and their numbers in order.		
<b>Objective:</b> Student will identify the months by their order numbers.		
<b>Subject:</b> Math	<b>Readiness Factor:</b> [2] Daily Living	
<b>Mode:</b> Oral Response	<b>Readiness Factor Category:</b> [g] Time and Order	
<b>Training Zone:</b> [L] Logic		

Related to the same life skill themes as the worksheets, the activity lessons are further categorized by learning styles, training zones, and readiness factors. The software uses these classifications to allow you to find activities most appropriate for your students. The lesson documents are available as PDF files and also MS-Word files that can be edited for individual needs.

Use this tab to use the *Life Skill Lessons* subject and type categories to find appropriate lesson plans.

