



## FUSD SELPA Functional Activities Choice Board (EC-Transition)

<b>Literacy/ Fine Motor</b>	<b>Math</b>	<b>Social/ Functional</b>	<b>Speech</b>	<b>Motor</b>	<b>Sensory</b>
Read/Listen to/Look at books for 20 minutes. Answer "Who, what, where" questions about a story verbally or by pointing to the illustrations	Cook/Bake something using measuring cups/spoons (with adult assistance). Point to of identify and say the numbers of measurement.	Play a non-electronic game with someone. Practice saying or indicating "my turn/your turn" at the right time. Congratulate the winner with a high-five!	Color or paint a picture. Talk about the colors and materials you are using. Have your child request materials using speech, pictures or signs, if possible.	Build an indoor fort/structure using household materials (blankets, cushions, or blocks/ Legos)	Go outside and play for 20 minutes (if the weather is appropriate).
ABC Practice making letters in a fun way (trace in shaving cream, paint them, build them with a play-doh, write them in the sand)	Count by 1's up to 30 (or as high as you can)	Engage in imaginative play such as... playing with dolls/action figures... dress up/play pretend.	Play with a doll, action figure or stuffed animal. Talk about body vocabulary- find the eyes, nose, feet etc.	Bear crawl across the room and back.	10 wall or floor pushups and 10 sit ups (to the best of your ability)
Color a picture or draw with at least 2 colors. Practice staying inside the lines.	Count by 1's up to 30 (or as high as you can)	Engage in constructive play such as...building blocks, Legos, etc... play-doh... put together a puzzle.	Practice following 1-2 step directions like "touch your head" or "walk to the kitchen, then sit at the table."	Find some stairs to go up and down three times	Find items such as magnet letters, tiles, small toys, or other manipulatives in a bin of shredded paper, or beans/rice.
Practice writing, tracing, or arranging the letters in order of your name 5 times. Write or trace the letters of the alphabet.	Make a pattern with objects around the house (food, shoes, coins, etc.)	Clean-up/put your toys/games away. Help with another household chore.	Practice making all the letter sounds to the best of your ability.	Stand on 1 foot and count to 10. Touch your toes and count to 10.	Roll, flatten, form objects with your imagination using Play-Doh.
Draw or trace a circle, triangle, and square. Cut them out and paste them on another paper.	Find 5 items in your house and arrange them from smallest to biggest. Find 5 things that are the same color.	Practice getting dressed/undressed at the beginning/end. Don't forget your jacket and shoes!	Get you favorite toy and practice putting it in, on, or under things in your house. Practice moving the figure up and down.	Do 10 jumping jacks.	Give your favorite non-electronic toys a bath, make sure to get your caregiver or family member/ adult to help you.
Categorize items/ objects/ toys by color, shape, size, or type.	Write as many numbers as you can. Draw circles or something else up to 10.	Help a caregiver make a simple meal such as toast,	Sing your favorite song, nursery rhyme, ABC's to a family member or caregiver.	Hop on one or two feet ten times.	Find different materials such as soft, rough, fluffy, hard, squishy, bumpy, and smooth.