



Continuous Learning Project: Supporting Life Skills, Job Readiness, and Community Participation in the Era of COVID-19 and Beyond

North Carolina Department of Public Instruction
Exceptional Children Division
Supporting Teaching and Related Services Section

This project was developed by NC DPI consultants and school-based occupational therapists as a resource for students and families during COVID-19 remote learning and beyond this time frame. The goal is to support continuous learning of and participation in life skills, job readiness, and community participation for students across the age continuum. This work was inspired by the [Continuous Learning Weekly Challenges](#) from the Indiana Department of Education.

While the focus of remote learning may often be on academics and social emotional learning, it is also important to focus on participation in meaningful daily activities to support the well-being, independence, and future of our youth. As early as preschool, children begin to develop the skills and building blocks for a self-determined future. This resource offers a guide for home-based activities in seven key areas for college, career, and community readiness. Choices in activities allow for flexibility in the resources, skills, parent support, and technology required. The seven areas are defined below and address a variety of student occupations. The activities are designed for every age group and offer a diverse range to suit all learners.



Self-care: Taking care of one's own body and mind to promote overall health and well-being.



Play/leisure: Spontaneous or organized activities aligned with interests, which provide enjoyment, pleasure and recovery.



Social participation: Engagement with community members, peers, friends or family, which creates support systems and fosters community interdependence.



Home participation: Home management activities which support a safe and comfortable environment for daily living.



Community participation: Involvement within the community and regard for being a contributing and respectful citizen.



Job readiness/work: Activities for professional development, including specialized education and acquiring skills for potential careers.



Self-determination: An individual's right to make choices and decide on important aspects of one's own life and future.



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Instructions:

This resource may be used under the guidance of a school-based occupational therapist, educator, or other professional to support student learning at home. Parents and students may also use this as a general resource. Blank templates are provided to individualize activities and/or create your own activities once the weeks have been completed.

The weekly activities offer suggested days of the week to complete the activities; however, the activities may be completed in any order. The number of activities to choose in each category are also included with two activities to be completed each day. Students may complete more activities if desired. In addition, the activities within this resource may be adapted and/or provided with appropriate accommodations as needed for the student to access the activity and to meet the unique needs of the student.

Parents and students may want to consider circling the activities completed and share successes and challenges with the student's teacher, occupational therapist, or other provider. Work together to problem-solve ways to increase the challenge, work through difficulties, and encourage continued participation in life skills, job readiness, and community participation!

Weekly Preschool to High School Activities

- [Week #1](#)
- [Week #2](#)
- [Week #3](#)
- [Week #4](#)

Weeks 1-4 Compiled by Age Level

- [Preschool](#)
- [Elementary](#)
- [Middle School](#)
- [High School](#)

Templates:

- [Template with Categories - Preschool](#)
- [Blank Template - Preschool](#)
- [Template with Categories - Elementary, Middle School, and High School](#)
- [Blank Template - Elementary, Middle, and High School](#)