Lesson 2

### Instructional Targets

#### Lifelong Learning
- **Reading:** Build word recognition within daily living and vocational materials. Understand and apply vocabulary related to community, daily living, and vocational situations.

#### Daily Living
- **Medical, Health and Fitness:** Recognize and apply appropriate health habits and practices, including nutrition, fitness and health care.

### Classroom Activities/Lesson Plan

#### Daily Living Club: Topic Story 2 – Accidents Happen

A specific topic is addressed each month, including scenarios, activities, vocabulary skills and other materials that will support the development of the topic.

- This activity presents a book format that addresses the overall focus of this month’s topic.
- Comprehension questions to build on each team member’s understanding of the topic are included. Encourage retelling and summarization using the comprehension questions. Select vocabulary words are also presented with each topic.
- This story provides an introductory framework for understanding when to use first aid and ways to avoid accidents.
- The suggested Reading Levels for this story is Level F/G, presented in a text format and Level E presented in a symbol-supported format. Comprehension questions are also in three formats. Level 3 is text-only. Level 2 is symbol-supported. Level 1 is written in sentence-strip format, allowing Team members to select from multiple choices or one errorless picture choice. Choose the appropriate level based on each individual’s need.

This activity includes a **LifeLine**, that is also located in **ULS Transition Passport Toolbox: Daily Living/Health/First Aid Booklet**.

- Forms from the **Transition Passport Toolbox** should be selected based upon each team member’s needs and included in his/her individual **Transition Passport Binder**.

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**Fill-in**

<table>
<thead>
<tr>
<th>hurt</th>
<th>first aid</th>
<th>hot</th>
<th>Band-Aid®</th>
<th>ice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Jordan _____ his ankle. (hurt)</td>
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<tr>
<td>2. He puts _____ on his ankle. (ice)</td>
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<td>3. Jordan touches a _____ pan. (hot)</td>
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<tr>
<td>4. Jordan puts a _____ on a cut. (Band-Aid®)</td>
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<tr>
<td>5. Jordan uses _____ to help. (first aid)</td>
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**Multiple-choice**

1. Jordan hurt his ankle. What does he put on his ankle?
   - (band-aid, ice, sock)
2. What should Jordan use with a hot pan?
   - (hot pad, ice, Band-Aid®)
3. What should Jordan put on a cut?
   - (ice, hot pad, Band-Aid®)
4. What does Jordan use to help when he is hurt?
   - (first aid, his parents, a book)
5. What can Jordan do to avoid a fall?
   - (pick up clothes, wash his clothes, buy new clothes)

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**Differentiated Tasks**

<table>
<thead>
<tr>
<th>Level 3</th>
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<tbody>
<tr>
<td>Team members will independently read literature and informational text that have been adapted to the student’s reading level. Team members will independently participate in personal health and fitness routines.</td>
<td>Team members will independently read literature and informational text that have been adapted to the student’s reading level. Team members will participate in personal health and fitness routines with picture and/or physical support.</td>
<td>Team members will actively participate in supported reading of literature and informational text forms that have been adapted to the student’s ability level. Team members will demonstrate active participation and responses during personal health and fitness routines.</td>
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</tbody>
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**Resources and Materials**

- Topic Story 2: Accidents Happen
- Comprehension questions

**Notes**

Accidents Happen

by Karen Leugers

Illustrated by Allison Shumaker
Words to Learn

**Accident**: when someone gets hurt

**Prevent**: to keep something from happening

Things to Learn From This Story

- Knowing first aid will help with minor accidents.
- Look for ways to avoid accidents in the home.
Jordan wants to live in his own apartment. He needs to show his parents he is ready. Jordan can cook. Jordan can clean. Jordan can do laundry. Jordan can do many things.
Jordan’s parents are going away for the day. Jordan is staying home alone. Jordan is excited. He can practice living on his own. He will show his parents that he is ready.

*How will Jordan get to practice living on his own?*
Jordan gets up on Saturday morning. He is tired. He forgets the clothes that he left in the stairway. Jordan trips and falls over them. He twists his ankle. His ankle swells up.
Jordan knows first aid. He knows what to do! Jordan gets an ice pack. He props his foot up on a stool. He puts ice on his ankle. Good job, Jordan!
What could prevent this accident from happening?

- Keep things off of the stairs and floor.
- Put things away when you are done with them.
Jordan is still tired. He is hungry.

Jordan makes breakfast. He makes eggs in a pan. He forgets that the pan is hot. He burns his hand. He gets a small white blister on his finger. It stings!
Accidents Happen

Jordan knows first aid. He knows what to do! Jordan puts his hand under cold water. He does NOT put on first aid cream or a Band-Aid®. Good job, Jordan!

What kind of first aid does Jordan use?
What could prevent this accident from happening?

- Use hot pads.
- Don’t touch hot pans or burners.
Accidents Happen

Jordan washes his breakfast dishes.

He washes his plate and silverware. He washes his juice glass. It is cracked. The glass breaks. Jordan cuts his hand on the glass. It is bleeding.

How does Jordan get hurt?
Jordan knows first aid. He knows what to do! Jordan washes the cut. He puts first aid cream on the cut. He puts a Band-Aid® on the cut. Good job, Jordan!
Accidents Happen

What could prevent this accident from happening?

• Throw away glass that is cracked.
• Wrap up broken glass before putting in the trash.

Do you practice this safety rule at home?
Jordan’s parents come home. They see the Band-Aid®s. They see the ice pack. They see the first aid cream.

“What happened, Jordan?” Jordan tells his parents about his accidents. He tells his parents about using first aid. Jordan’s parents are proud.
Accidents Happen

Tips:

- Be prepared for small accidents.
- You can help yourself when you know first aid.
- Look for ways to prevent accidents in your home.
1. Jordan ___________ his ankle.

2. He puts ___________ on his ankle.


4. Jordan puts a ___________ on a cut.

5. Jordan uses ___________ to help.

hurt  first aid  hot  Band-Aid®  ice
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Accidents Happen

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   a. Band-Aid®  b. ice  c. sock

2. What should Jordan use with a hot pan?
   a. hot pad  b. ice  c. Band-Aid®

3. What should Jordan put on a cut?
   a. ice  b. hot pad  c. Band-Aid®

4. What does Jordan use to help when he is hurt?
   a. first aid  b. his parents  c. a book

5. What can Jordan do to avoid a fall?
   ○ a. pick up clothes
   ○ b. wash his clothes
   ○ c. buy new clothes
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