



Texas School for the Blind and Visually Impaired

Instructional Resources Library

www.tsbvi.edu | 512-454-8631 | 1100 W. 45th St. | Austin, TX 78756

What Do Routines Look Like?

Mealtime is a good activity to develop into a routine because it usually happens three times a day. Practice opportunities are frequent. The team's plan might look something like this.

- 1. Get spoon from calendar box to begin activity.**
 - Target skill: Tactual exploration of objects in calendar to recognize spoon.
 - Person responsible: VI teacher
 - Strategy: VI teacher demonstrates technique to T.A. who will implement instruction.
- 2. Take spoon to eating area.**
 - Target skill: Maintain grasp, intentional release.
 - Person responsible: O.T.
 - Strategy: O.T. demonstrates technique to T.A. who will implement instruction.
- 3. Give spoon to adult to request meat.**
 - Target skill: Use object to request.
 - Person responsible: S.L.P.
 - Strategy: S.L.P. demonstrates technique to T.A. who will implement instruction.
- 4. Eat.**
 - Target skill: Manipulate spoon for scooping.
 - Person responsible: O.T.
 - Strategy: O.T. provides adaptive equipment and demonstrates technique to T.A. who will implement instruction.
- 5. Put spoon in washtub at dish window to end activity.**
 - Target skill: Maintain grasp, intentional placement.
 - Person responsible: O.T. and VI teacher
 - Strategy: O.T. demonstrates technique to T.A. who will implement instruction. VI teacher provides visual enhancement of target.