

**Home Living / Daily Living**  
**Lesson Plan—Emerging**  
**Toileting**

**Instructional Area:**  Leisure  Community  Home Living / Daily Living  
**Ability Level:**  Emerging  Developing  Mastery

**Topic / Skill Outcome:**

- Hygiene- toileting

**Learning Area(s):**

- Literacy
- Communication
- Math and Science
- Physical Education / Recreation & Leisure

**Purpose of Lesson / Objective:**

- Student will participate and learn procedure for using the bathroom

**Materials / Equipment / Environment:**

- Visual task list for toileting
- Bathroom breaks
- Toilet paper
- Gloves
- Wipes
- Sink
- Soap

**Group Size:** 1      **Time Required:** As needed

**Lesson Procedure:**

1. Given regular bathroom breaks have student follow 9 step directions to using the bathroom
  1. Go to bathroom (enter stall, close door, secure door)
  2. Pull pants and underwear down
  3. Sit on toilet
  4. Void (use terminology that is age appropriate, they understood / congruent with words used at home i.e., pee, poop etc.)
  5. Wipe
  6. Flush
  7. Pull up pants
  8. Wash hands
  9. Leave bathroom

**Carry Over / Related Activities:**

- Teach proper hand washing with visual aids
- Teach dressing skills

**Supporting Activities / Possible Adaptations:**

- This can be modified with physical assistance while staff go over the procedure

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**Strategies for Participation:**

- Praise and Encouragement for increasing the number of steps student completes independently

**Student Reaction / Evaluation:**

- Keep a data sheet of steps completed and the level of assistance needed as well as time of day