

HOME LIVING / DAILY LIVING

Sub Area: Health and Safety Skills Inventory

Health and Safety Skill	Rating						
	Emerging		Developing			Mastery	
	1	2	3	4	5	6	7
Identifies the word “danger”							
Identifies the word “poison”							
Identifies the word “stop”							
Identifies the word “caution”							
Communicates their understanding of “danger” when it appears in context							
Communicates their understanding of “poison” when it appears in context							
Communicates their understanding of “stop” when it appears in context							
Communicates their understanding of “caution” when it appears in context							
Reads modified safety labels on over the counter medication							
Reads modified safety labels on prescription medication							
Reads modified safety labels on household cleaners							
Reads modified safety labels on sprays							
Reads the complete label on over the counter medication							
Answers question(s) about over the counter medications							
Reads the complete label on prescription medication							
Answers question(s) about prescription medications							
Writes safety words in the context of meaningful activity							
Writes safety phrases in the context of meaningful activity							
Lists ten commonly known safety hazards							
Identifies bright bold words signifying importance							
Identifies colors as they relate to health and safety messages							

Describes the important message on a given health or safety poster									
Describes spring and clothing appropriate for that season									
Describes summer and clothing appropriate for that season									
Describes fall and clothing appropriate for that season									
Describes winter and clothing appropriate for that season									
Identifies time									
Tells what time he/she eats breakfast									
Tells what time he/she eats lunch									
Tells what time he/she eats dinner									
Tells what time he/she goes to sleep									
Tells what time he/she wakes up									
Identifies a healthy snack									
Identifies a healthy meal									
Identifies foods from the bread, cereal, rice and pasta group									
Identifies foods from the milk, yogurt, and cheese group									
Identifies foods from the meat, poultry, fish, beans, eggs and nuts group									
Identifies foods from the fruits group									
Identifies foods from the vegetables group									
Identifies foods from the fats, oils, and sweets group									
Names the 6 food groups									
Describes a well balanced meal									
Identifies 98.6 as a normal temperature									
Identifies a digital thermometer reading indicating a fever (high temperature)									
Recognizes that body temperature is an indication of health or illness									
Identifies appropriate response to take based on temperature									
Understands how to take own temperature and read the results									
Describes what happens when people get sick									
Describes what happens when people get injured									
Understands types of home accidents									
Completes home safety checklist									
Recognizes increased accident risks in the various rooms in a home									
Describes strategies for preventing injuries to oneself in the home									
Understands that injury and illness can cause confusion									
Understands the term "illness"									

Understands the term “injury”									
Distinguishes between illness and injury									
Identifies an illness or injury that can be cared for by yourself									
Identifies an illness or injury that needs to be cared for by a doctor									
Identifies when to go to the emergency room for an illness or injury									
Identifies when to call 911 for an illness or injury									
Recognizes common symptoms of various illnesses									
Understands the relationship between severity of symptoms and appropriate response									
Identifies prevention of illness as an important goal									
Recognizes that germs are all around									
Understands that germs cause illness									
Identifies how germs travel									
Describes how germs are passed from person to person									
Identifies a variety of prevention strategies for minimizing germ contacts									
Identifies common intestinal, digestive, or stomach ailment symptoms									
Identifies strategies for dealing with diarrhea									
Identifies strategies for dealing with vomiting									
Identifies strategies for dealing with stomach ache									
Identifies strategies for dealing with painful urination									
Identifies when he/she needs to stay home									
Identifies people who should be notified if absent from work, school, or activity									
Understands the terms “injury”, “accident”, “symptoms”, “pain”									
Recognizes common symptoms of various injuries									
Understands the relationship between severity of symptoms and an appropriate response									
Describes a situation which might result in bleeding									
Describes a situation which might result in biting									
Describes a situation which might result in burns									
Describes a situation which might result in broken bones									
Describes a situation which might result in bumps and bruises									
Describes a situation which might result in eye pain									
Describes a situation which might result tooth or mouth injury									
Describes a situation which might result in an infection									

Identifies appropriate response to the above injuries based on the severity of symptoms								
Recognizes common symptoms of seizures								
Recognizes common symptoms of chest pain								
Recognizes common symptoms of various means of poisoning								
Recognizes common symptoms of choking								
Identifies appropriate response to the above symptoms based on their severity								
Recognizes the importance of understanding doctors' instructions								
Identifies the role that the doctor's orders play in getting better								
Identifies people in the community who work to keep people safe/healthy								
Identifies good daily living habits to help stay healthy								
Identifies how alcohol use is unhealthy								
Identifies how tobacco use is unhealthy								
Recognizes area of own life where support is required in the event of illness or injury								
Recognizes the power of peer pressure								
Practices assertiveness to peer pressure								
Gives example of emergency readiness								
Completes personal identification card								
Completes and posts phone labels with accurate information								
Identifies resources to help with future health care questions								