



Daily and Independent Living **Bell Ringers:** Skills for Everyday

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Introduction

In your own words what would you consider daily living skills? Why are they important?



Introduction

What does it mean to live independently? Do you think you have the skills to live independently now? Please explain why or why not.



Housing

When you hear the word housing, what do you think of? Are there different types of housing?
If so, list the different types of housing?



Housing

Would you rather live alone when you move out of your parents' home or live in a home with other people? Why?



Housing

If you attend a university or college, would you rather live in the dorms or stay at your parent's home? Why?



Housing

Name three places you could live
right after high school?



Housing

What living arrangement would be best for you? Why?

Possible Choices:

- Fully independent
- Living at home
- Living with roommates
- Living in supported housing
- Living in a college dorm



Housing

What is the difference between paying a mortgage (buying a home) or renting your home?



Housing

- What is a landlord?
- What happens if you do not pay your rent on time?



Housing

- What is a security deposit?
- Why would a landlord ask for a security deposit?
- What other types of deposit might a landlord ask from a tenant?



Housing

- What responsibilities do you have as a renter?
- What are some things your landlord is responsible for?



Housing

- What is a down payment on a home?
- How does someone usually buy a home?
- What happens if you do not pay your home mortgage?



Housing

You have a new roommate. He hasn't paid his share of the rent in 3 months. He keeps promising he will pay you back, but never does. What should you do?



Housing

You have an important meeting in the morning, but your neighbors are having a very loud party late into the night. What should you do?



Housing

You are supposed to set your trash on the curb on Thursdays. You forgot and your trash can is running over. What should you do?



Housing

Your landlord has a strict "no pets" policy. One of your coworkers has kittens she is giving away. You think maybe you could sneak the kitten in without the landlord knowing. What should you do?



Housing

Your toilet won't flush, and it has flooded the bathroom floor. What should you do?

What type of professional could you call to fix the toilet?



Health & Medical

Why is it important for a young adult to handle their own health and medical needs?



Health & Medical

You tripped and fell on your way home from school. You have a small scrape on your knee, and it is bleeding a little bit. Describe how you will care for your injury.



Health & Medical

List three things you could do if you or someone near you is seriously hurt and needs help.



Health & Medical

List three injuries that can be treated at home.



Health & Medical

List three injuries that should be treated by a doctor.



Health & Medical

- What are over-the-counter medications?
- What are prescription medications?
- What is the difference between over-the-counter medications and prescription medications?



Health & Medical

Use the internet to research an over-the-counter medication you can take for an upset stomach.

What is the medication?

How much can you take and how often can you take it?



Health & Medical

What type of doctor do you go to for a toothache or to get your teeth cleaned?

What type of doctor do you go to get your eyes examined for glasses?

What is the name and phone number for your doctor?



Health & Medical

You are cooking noodles and accidentally splash boiling water on your arm. The area is extremely red and hurts. What should you do?



Health & Medical

If you are sick, how do you find a doctor?

How do you make an appointment?

What information will you need to make the appointment?



Health & Medical

What information is needed in a medical history form? Do you know this information?



Health & Medical

- What is health insurance?
- Why should you have it?
- How can you get health insurance?



Health & Medical

You eat leftover pizza in your refrigerator from two weeks ago. You get sick. When should you throw leftover food away (how long does it stay fresh before going bad)?



Health & Medical

You wake up with a fever and sore throat. You take over-the-counter cold medicine, but don't feel any better. You take your temperature again and it is higher than before. What should you do?



Self-Care

What is self-care? Why is it important?



Self-Care

Name three things you do every day to try to stay healthy.



Self-Care

Write down your morning or evening hygiene routine.



Self-Care

Would you make any changes to your regular morning routine if you had a job interview that morning? If so, what?



Self-Care

Scenario: You are going on an over-night trip in a nearby city. You are staying in a hotel. What items do you need to pack?

consider the following:

- * Bathroom items
- * Activities
- * Money
- * Temperature and Weather
- * Clothing (what and how much)
- * Medications
- * Items needed for sleep
- * ID



Self-Care

List three routines that keep people healthy.



Self-Care

Using the internet, find three local places you could get a haircut and write how much each costs.



Self-Care

Name three reasons you should exercise.



Self-Care

List three types of exercises you can do at home for 30 minutes daily.



Self-Care

Using the website listed below, determine how many calories you should eat each day. What type of food should you be eating?

https://www.medicalnewstoday.com/articles/21930#daily_calorie_requirements



Self-Care

You are not feeling good, but you are scheduled to work. What should you do?



Self-Care

- What is mental health?
- Why is it important?
- What do you do to improve your mental health?



Career & Employment

What is the difference between a job
and a career?



Career & Employment

Would you rather be a dentist or a disc jockey? Why?



Career & Employment

Choose a job and research it. Look at salary, education needed, and needed skill level. Here are a few, but there are many other jobs not listed.

You can research:

- **Education-** Teacher, Coach, Principal
- **Health-** Doctor, Nurse, Dentist, Dental Hygienist, Phlebotomist, Veterinarian, Vet tech
- **Sales-** Sales Manager, Travel Agents, Insurance Agents
- **Law Enforcement-** Police Officer, Security Guard
- **Engineer-** Automotive Engineer, Computer Engineer, Electrician

- <https://www.indeed.com>
- <https://www.dol.gov>
- <https://www.simplyhired.com>



Career & Employment

1. You get feedback from your boss about your performance. Give an example of a criticism a boss might give an employee.
2. You get feedback from your boss about your performance. Give an example of praise that a boss might give an employee.



Career & Employment

Two co-workers are in the employee lounge when you come in. They immediately stop talking and look at you. You think they might have been talking about you.
What should you do?



Career & Employment

You were up all night with a stomach virus, but you are supposed to work today. What should you do?



Career & Employment

There is an automobile accident holding up traffic. You have 15 minutes to get to work and it doesn't look like you are going to make it. What should you do?



Career & Employment

When you are hired at a new job, you must provide two types of ID verification.
What could you take?



Career & Employment

Would you rather work from home or work in an office/building? Why?



Career & Employment

What are taxes and why are they taken out of your paycheck?



Career & Employment

You get your pay/check and it wasn't as much as you were expecting. You wonder if someone made a mistake in your pay. What should you do?



Career & Employment

Would you rather own your own business
or work for someone else? Why?



Career & Employment

Would you rather wear your regular clothes to work or have a uniform? Why?



Career & Employment

Would you rather have a 30-minute lunch and a 15-minute break or a 45-minute lunch? Why?



Career & Employment

You organize all the shelves in the supply closet while you help the secretary answer phones. When the boss sees the nicely organized materials, she thanks the secretary. What should you do?



Transportation

- Give three examples of transportation.
- Also, explain what is public transportation?



Transportation

Would you rather have your own car or
use the bus system to get to work?
Why?



Transportation

What are some benefits to owning your own car?

What are some additional costs of owning a car?

What are some benefits of using public transportation?



Transportation

Oh, no! Your car will not start. You have work in an hour. List three things you could do that might help you arrive at work on time.



Transportation

You are driving to the grocery store when a police officer behind you turns his police lights and siren on.
What should you do?



Transportation

Name three things you should always keep in your car.