Cedarfield LEARNING

EVERYDAY SKILLS · FREE PACK

Starter Sample Pack

123 Aa

STOP

Eight activities to begin with

Large print · One task per page · Hands-on with real objects · No screen

INSIDE: 8 ACTIVITIES · GUIDE · PROGRESS PAGE

- Counting
- Big and Small
- The Letter S
- Shapes
- The STOP Sign
- Pairs
- Count the Dots
- Days of the Week

For teenagers and young adults learning foundational skills · cedarfieldlearning.com

How to Use These Pages

For the adult

1. Use one page per sitting. Short and successful is better than long.
2. Gather the objects listed in the green box before you start.
3. Read the "Say" line aloud, calmly, in your own words if you prefer.
4. Let your learner touch, place and move the real objects. Pointing and saying the answer counts as much as writing.
5. If an answer is not right yet, stay calm: show the right answer, then do it again together. Give just enough help, and a little less next time.
6. Name what went well, briefly: "Good counting." Repeat a page as often as you like and stop on a success.
7. When a page goes well two or three times on different days, try the harder idea in the green box.
8. Supervise small objects (coins, buttons) if putting things in the mouth is a concern.
9. These are practice pages, not therapy. Print them again whenever you need.

Each page has two parts. The framed area is for your learner: one task, large print, lots of space. The green panel at the bottom is for you: what to gather, what to say, and how to make it easier or harder.

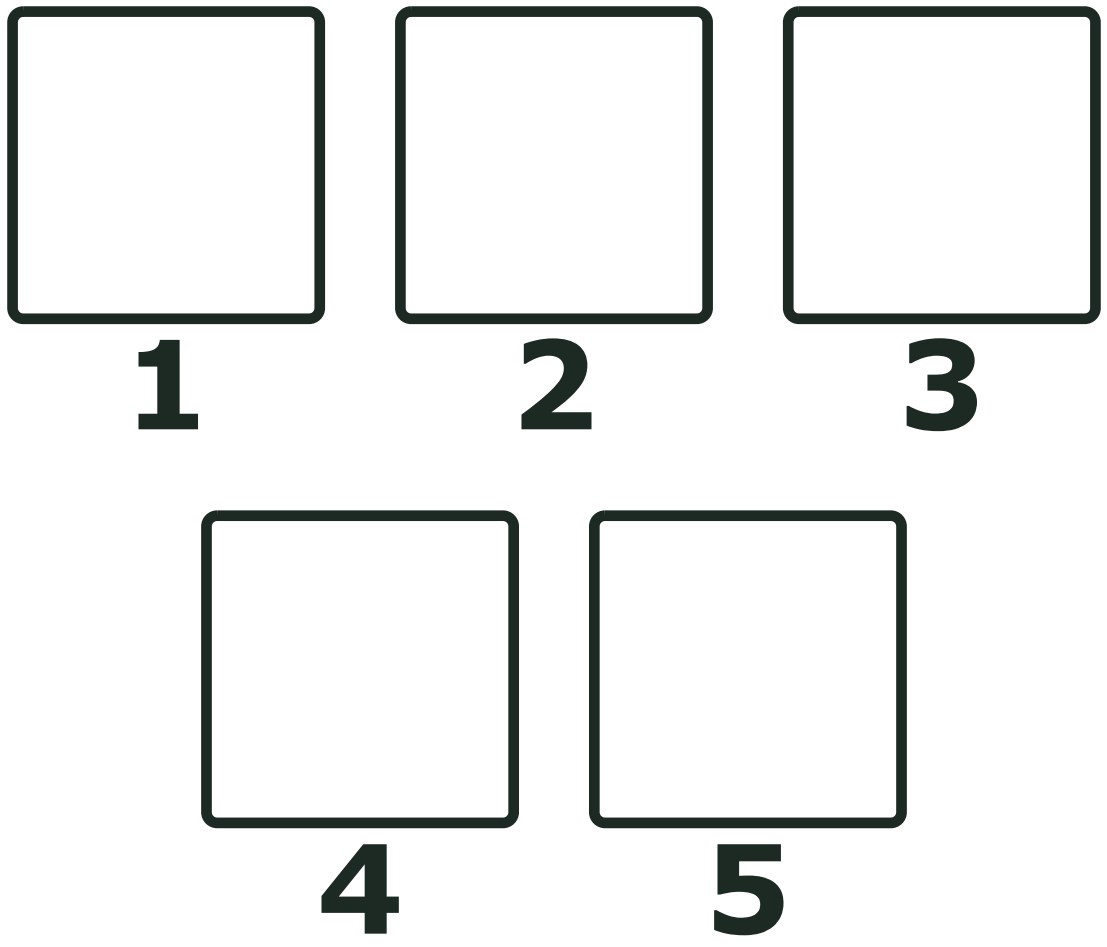
1

COUNTING

One in Each Box

Skill: Counting to 5

About 5 min



FOR THE ADULT

You need 5 buttons, coins or cereal pieces

Say "Put one button in each box. Count out loud as you go."

Hands-on Your learner places one object in each box, touching it and saying the number.

Adjust **Easier:** Start with boxes 1 to 3. **Harder:** Take them all out, then count back from 5.

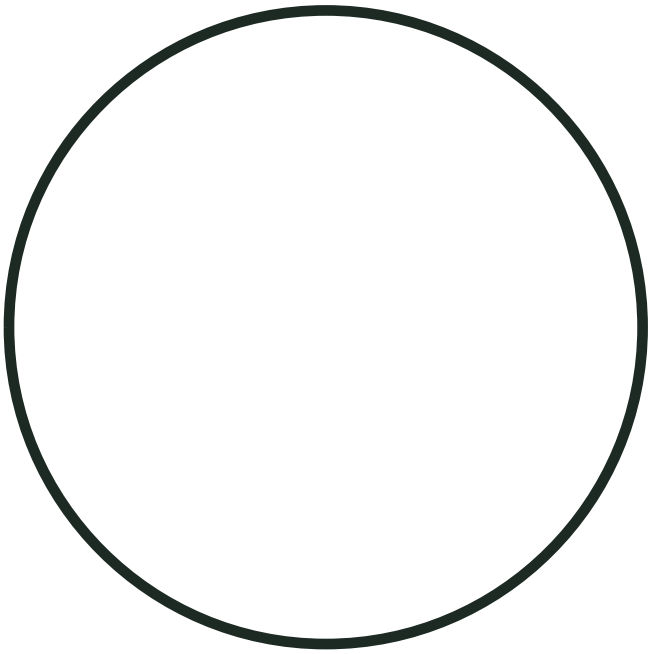
2

SORTING

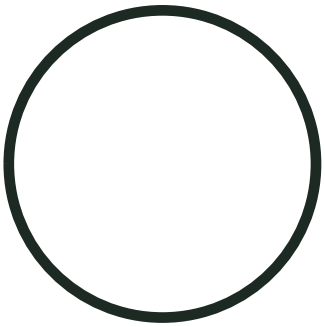
Big and Small

Skill: Sorting by size

About 5 min



BIG



small

FOR THE ADULT

You need 3 big spoons and 3 teaspoons (or big and small coins)

Say "Big spoons go in the big circle. Small spoons go in the small circle."

Hands-on Your learner picks up each spoon, compares, and places it in the matching circle.

Adjust **Easier:** Use 1 big and 1 small spoon. **Harder:** Add a medium spoon and decide together where it goes.

3

LETTERS AND SOUNDS

The Letter S

Skill: Letter S and its sound

About 5-10 min



S s

FOR THE ADULT

You need A shoelace or string; a sock, a spoon, a bar of soap

Say "This is S. S says sss, like sock, spoon and soap. Trace the S with your finger."

Hands-on Your learner traces the big S with a finger, then lays the shoelace on top of it. Then place the sock, spoon and soap next to the page and say each word.

Adjust **Easier:** Trace together, your hand over theirs. **Harder:** Find one more thing at home that starts with sss.

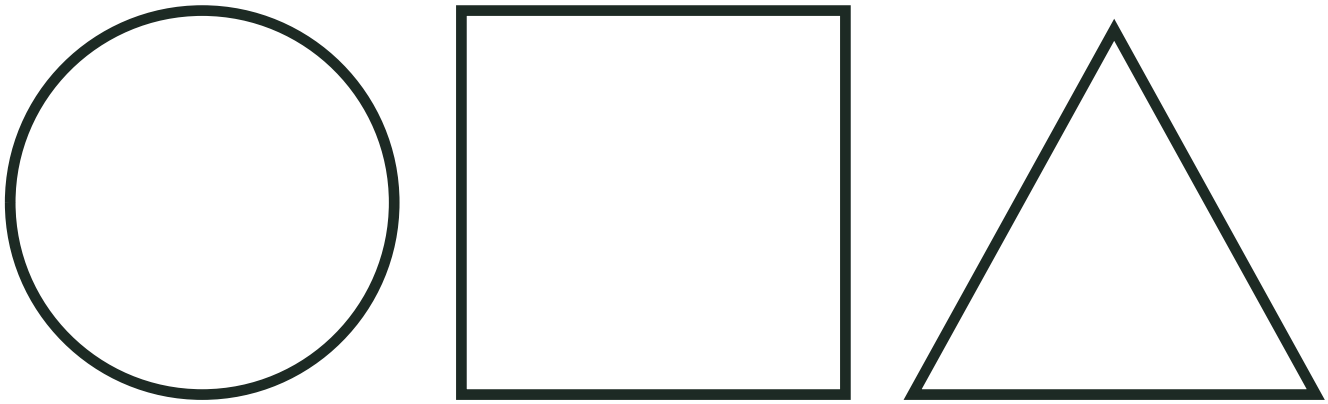
4

SHAPES

Match the Shapes

Skill: Circle, square, triangle

About 5 min



circle square triangle

FOR THE ADULT

You need A jar lid or coin, a square cracker or sticky note, a napkin folded into a triangle

Say "Put each object on the shape that matches it."

Hands-on Your learner places each object on the matching outline and says its name: circle, square, triangle.

Adjust **Easier:** Use only the circle and the square. **Harder:** Find a second object at home for each shape.

5

SIGNS WE SEE

The STOP Sign

Skill: Reading a community sign

About 5 min



FOR THE ADULT

You need Nothing, or 4 coins

Say "This sign says STOP. Where do we see it? What do we do when we see it?"

Hands-on Your learner traces each letter with a finger, saying it: S, T, O, P. Put one coin on each letter and count: 4 letters.

Adjust **Easier:** Just trace the outline of the sign and say STOP together. **Harder:** Look for STOP, EXIT or OPEN signs on your next trip out.

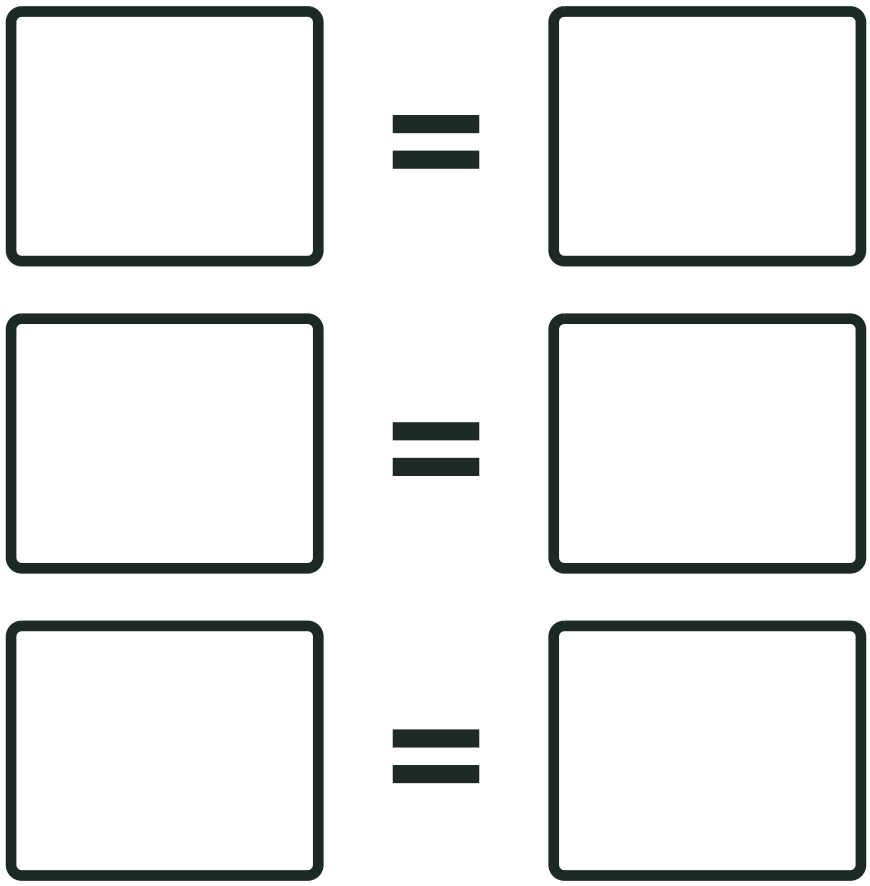
6

MATCHING

Make the Pairs

Skill: Finding the same

About 5 min



FOR THE ADULT

You need 2 socks, 2 spoons, 2 coins (mixed together)

Say "Find two things that are the same. Put them side by side."

Hands-on Your learner finds each pair in the pile and places the two matching objects in the two boxes of one row.

Adjust **Easier:** Start with only the socks and the spoons. **Harder:** Add a fourth pair, like 2 cups.

7

HOW MANY?

Count the Dots

Skill: Counting, numbers 3-5

About 5 min



3 4 5

FOR THE ADULT

You need 4 coins; a pencil or crayon

Say "Put a coin on each dot and count. Then point to the number that tells how many."

Hands-on Your learner covers each dot with a coin, counts aloud, then points to or circles the right number.

Adjust **Easier:** Count together, touching each coin. **Harder:** Take one coin away: how many now?

8

DAYS OF THE WEEK

Today Is...

Skill: Days of the week

About 2 min, daily

MON	TUE	WED	THU

FRI	SAT	SUN

FOR THE ADULT

You need 1 coin or button

Say "Let's read the days together: Monday, Tuesday... Today is (say the day). Put the coin on today."

Hands-on Point to each box as you read the day aloud. Your learner listens, finds today, and places the coin on it. Do it again tomorrow.

Adjust **Easier:** Point to today together, then let your learner place the coin.
Harder: Ask: what day was yesterday?

Progress Notes

Optional

A quick note after each sitting helps you see progress and choose the next page.

Date	Activity	With help / On own	Notes

Want More Pages Like These?

These sample pages show how we build practice for a teenager learning foundational skills: large print, one task per page, real objects and spoken instructions, and an adult tone.

We can prepare more pages around your learner’s own interests and daily life:

Money and shopping
coins, prices, a short grocery list

Signs and labels
words seen at home and in town

Time and routines
days, the clock, a daily schedule

About me
writing one's own name, address and phone number

Just reply to our email with what your learner enjoys and finds hard, and we will suggest the next set.

Cedarfield LEARNING

Cedarfield Learning
support@cedarfieldlearning.com · +1 (816) 816-6796
cedarfieldlearning.com
350 Sansome St, Suite 820 PMB 1089, San Francisco, CA 94104