One Step at a Time — Lesson 1: My Day in Order

Ngang Memorial Higher Online School

ngang.48hourrfprescue.com

Our guiding principle: we guide each learner on the things they CAN do, so they become better in that domain.

This lesson has one step on each page. Read one page at a time. Say the words out loud. Then do the step. Take your time. You are doing well.

Step 1 — I Wake Up

I open my eyes.

I stretch my arms.

I sit up slowly.

I say: “Good morning.”

Now you try: Say “Good morning” out loud.

Step 2 — I Wash

I wash my face.

I wash my hands.

I brush my teeth.

My face is clean. My hands are clean.

Now you try: Say “I wash my face. I wash my hands.”

Step 3 — I Get Dressed

I put on my shirt.

I put on my trousers or my skirt.

I put on my shoes.

I am dressed. I am ready.

Now you try: Name one thing you put on today.

Step 4 — I Eat

I sit at the table.

I eat my food slowly.

I drink my water.

Food gives me strength for the day.

Now you try: Say “I eat. I drink. I am strong.”

Step 5 — My School Time

It is time to learn.

I listen to my lesson.

I do one step. Then I do the next step.

I ask for help when I need help.

Now you try: Say “It is my school time. I am ready to learn.”

Step 6 — I Rest

My work is done for now.

I sit in a quiet place.

I breathe slowly.

I rest, so I am ready for the next day.

Now you try: Take one slow breath in, and one slow breath out.

Say the Whole Day

Wake up.

Wash.

Get dressed.

Eat.

School time.

Rest.

Say it again: Wake up. Wash. Get dressed. Eat. School time. Rest.

Well done. You put your day in order, one step at a time.

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