I can live on my own
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A note to helpers (read this first)

This workbook is designed for individuals who can read at the first or second grade level. Because it is long, there is a risk individuals may become discouraged. We suggest you only print out one chapter at a time, and place each completed chapter in a binder. The section “What do I like?” is the longest, and may need more than one session to complete.

Work at the pace of the individual. There is no rush. There is a lot to absorb here. You may find individuals want to reread chapters they have already completed. That’s great; it means they are processing the information.

While this is primarily a workbook, three chapters do not require any response by the individual. The first chapter, “Where do people live?”, acts as an introduction. “I can be a good neighbor”, is really an explanation of “hidden curriculum” – the unspoken rules of a situation. The last chapter, “I can do it!” is a conclusion.

Please note that “town” as used in this workbook refers to the area within a mile of a town center.
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Where do people live?

Where do you live?

Maybe you live with your family.

Maybe you live in a dormitory.
Maybe you live with friends.

Some day you might want to live some where different.
Where do people live?

Some people live in houses.

Some people live in apartments.
Some people live in the country.

Some people live in the city.
Some people live alone.

Some people live with friends.
Some people live with a husband or a wife.

Where do you want to live?

This book can help you think about that.
What do I like?

Some places it is easy to do what you like.
Some places it is hard to do what you like.
Some people like what you like.
Some people don’t like what you like.

Think about what you like.
Then you can think about where to live.
Then you can think about who to live with.
Circle what you like.
You can ask for help.

Sleep

I like to get up early.

I like to sleep late.

I like to go to bed early.

I like to stay up late.

I like to get up at night.
My house

I like to be neat.

I like to be sloppy.
Talking

I like to talk.

I don’t like to talk.

I like to talk about

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People

I like to be by myself.

I like be near people and do things by myself.

I like to do things with people.

I like to watch people do things.
Let’s write foods you like.
You can ask for help.
Let’s write foods you don’t like.

You can ask for help.
Let’s write TV shows and movies you like. You can ask for help.
Let’s write TV shows and movies you don’t like. You can ask for help.

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Circle if this is true

I don’t like to watch TV or movies.
Let’s write music you like.
You can ask for help.
Let’s write music you don’t like.
You can ask for help.

Circle if this is true
I don’t like music.
Let’s write video and computer games you like. You can ask for help.
Let’s write video and computer games you don’t like. You can ask for help.

Circle if this is true
I don’t like video and computer games.
Let’s write places you like.
You can ask for help.
Let’s write places you don’t like.

You can ask for help.
Circle what you like.

You can ask for help.

I like to go places every day.

I like to go places some times.

I like to stay home.

I want a pet.

I want a yard.

I like to yell.

I like to jump.

I like to run.
I like to play with water.

I like lights on.

I like lights off.

I like to hit walls.

I like to kick walls.

I like to be with lots of people.

I like people to be quiet.

I want my own bathroom.
Where do I like to go?

What are things you like to do?
Where are places you like to go?
You might want to live close to them.

It is OK to do something in a different place.
Maybe you like to go swimming.
You can go to a different swimming pool.
Circle things you like to do.
You can ask for help.

I like to play arcade games.

I like to play Bingo.

I like to go bowling.

I like to go canoeing.

I like to go kayaking.

I like to go in a row boat.

I like to dance.

I like to go ice skating.

I like to go for a walk.

I like to go out to eat.

I like to listen to music.
I like to go to the park.
I like to go to the playground.
I like to go to the store.
I like to go innertubing.
I like to lift weights.
I like to go in a motor boat.
I like to play baseball.
I like to play basketball.
I like to play football.
I like to play soccer.
I like rock climbing.
I like to ride the T or Commuter Rail.
I like to go sailing.
I like to ride a scooter.

I like to go skateboarding.

I like to go skiing.

I like to snowmobile.

I like Special Olympics. My sport is

I like swimming.

I like to take classes.

I like jumping on a trampoline.

I like to walk a dog.
I also like to
Circle places you like to go.
You can ask for help.

I like to go to amusement parks.
I like to go to baseball games.
I like to go to basketball games.
I like to go to the beach.
I like to go to the book store.
I like to go to church or synagogue.
I like to go to the comic store.
I like to go to football games.
I like to go to the gym.
I like to go to hockey games.
I like to go to the mall.
I like to go to movies.

I like to go out to eat. I like to eat at

I like to go to stores. I like to go to
I like to go to the zoo.

I also like to go to
Who is special to me?

Who is special to you?

You want to keep special people in your life.

Write who is special to you.

You can ask for help.
Where do I want to live?

I can pick where I live.

I can live in a city.

I can live in a town.

I can live in a suburb.

I can live in the country.
What are cities like?

Cities have lots of people.

People can live in apartments.
There are lots of things to do.

You can walk places.
You can ride the bus.

You can ride the T.
Cities can be noisy.

Circle one

I like cities.

I don’t like cities.

I don’t know.
What are towns like?

Towns are smaller than cities.

People can live in an apartment. People can live in a house.
There are some things to do.

You can walk places.
There might be a bus.  
There might not be a bus.  

Circle one  

I like towns.  
I don’t like towns.  
I don’t know.
What are suburbs like?

Suburbs have some people.

Suburbs are quiet.
You can have a yard.

You can have a pet.
You may need to go places in a car.

Circle one

I like suburbs.

I don’t like suburbs.

I don’t know.
What is the country like?

The country has a few people.

The country is quiet.
You can go for walks.

You can have a pet.
There are not many stores.
There are not many places to go eat.

You need to go places in a car.
Circle one

I like the country.

I don’t like the country.

I don’t know.
Apartment or house?

Do you want to live in an apartment?

There are many kinds of apartments. Some apartments are called condos.
In an apartment

You are close to neighbors.

You have people near.

But you need to be quiet.
Do you want to live in a house?

There are many kinds of houses.
In a house

You are not close to neighbors.
You do not have people so near.

You do not need to be so quiet.
Circle one

I like an apartment.

I like a house.

I like both.

I don’t know.
Who do I want to live with?

People can live with friends.
Friends can help them.
People can do things with friends.

What do your friends like?
Do they like what you like?
It helps.

What if your friends don’t like what you like?
What if your friends like what you don’t like?
It might be hard to live with them.
Are there friends you want to live with?
What are their names?
You can ask for help.

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________________________________________________________________________
Ask them to read this part of the book.

What do I like?

Some places it is easy to do what you like.
Some places it is hard to do what you like.
Some people like what you like.
Some people don’t like what you like.

Think about what you like.
Then you can think about where to live.
Then you can think about who to live with.
Circle every thing that is true.
You can ask for help.

My friends like what I like.

My friends don’t like what I like.

My friends like what I don’t like.

Maybe you don’t have friends who like what you like.
You can meet some one new who wants to share a place to live.
I can take care of my house.

Living on your own is work.

You need to cook.

You need to clean.
You need to wash clothes.

You need to wash dishes.
You need to sweep.

You need to vacuum.
You need to take care of your yard.

Sometimes things break.
You need to ask some one to fix them.
Circle every thing that is true.
You can ask for help.

I can cook.

I can cook some things.

I can learn to cook.

I need some one to help cook.

I need some one to cook.
I can clean.

I can clean some things.

I can learn to clean.

I need some one to help clean.

I need some one to clean.
I can wash clothes.

I can help wash clothes.

I can learn to wash clothes.

I need some one to help wash clothes.

I need some one to wash clothes.
I can wash dishes.

I can help wash dishes.

I can learn to wash dishes.

I need some one to help wash dishes.

I need some one to wash dishes.
I can sweep.

I can help sweep.

I can learn to sweep.

I need some one to help sweep.

I need some one to sweep.
I can vacuum.

I can help vacuum.

I can learn to vacuum.

I need some one to help vacuum.

I need some one to vacuum.
I can take care of my yard.

I can help take care of my yard.

I can learn to take care of my yard.

I need some one to help take care of my yard.

I need some one to take care of my yard.
I can call some one to fix things.

I can tell a friend some thing is broken.

I can’t tell a friend some thing is broken.
I can be a good neighbor.

Neighbors are people who live near you. You can pick who you live with. You can’t pick your neighbors.
Do you want your neighbor to be good to you?
You need to be a good neighbor.
How can you be a good neighbor?

You can be quiet at night.

When you are quiet, your neighbor can sleep.
You can throw your trash away.

You can put away your trash cans when the garbage truck leaves.
You can put things away.
Try not to leave things in the yard.

Do you share a laundry?
Help keep it clean.
Apartments have doors.
Apartments have halls.

Try not to stand in the door.
Try not to stand in the hall.
That can scare people.
Neighbors might say hello.
You can say hello.

If they don’t want to talk more, they don’t have to.
If you don’t want to talk more, you don’t have to.
Try not to stare at people.
Staring can be scary.
I can do it!

You have finished this book!
It took a long time.
But you did it.

You can live on your own, too.
People can help you with things that are hard.
Your family and friends will be very proud of you.
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Quiet

Wipe table