





























Quick&Easy










ECC Matrix

AT SCHOOL OR HOME










Page/Lesson	Matrix Key	ASSISTIVE TECHNOLOGY	CAREER EDUCATION	COMPENSATORY SKILLS	INDEPENDENT LIVING	ORIENTATION & MOBILITY	RECREATION & LEISURE	SELF-DETERMINATION	SENSORY EFFICIENCY	SOCIAL INTERACTION	“TRY IT” LESSON
	Description										
A1	Choose “At School or Home” lessons	i		i				P			
1	Explore plastic storage bags				P				i		T
2	Measure liquids				P				i		T
3	Estimate serving sizes	i		i	P				i		
4	Label cans			i	P			i/T	i		T
5	Label frozen food			i	P				i		
6	Cut with a knife and fork				P			i/T	i		T
7	Use a pusher to eat				P			i/T	i		T
8	Open a bag with scissors				P			i/T	i		T
9	Use a hand can opener				P			i/T	i		T
10	Clean carrots				P			i/T	i		T
11	Core and divide an apple				P				i		T
12	Salt food				P				i		
13	Choose best contrast for eating				P			i/T	i		T
14	Measure dry ingredients				P			i/T	i		T
15	Plan a menu	i		i	P			i/T			T
16	Create an accessible grocery list	i		i	P			i/T			T
17	Understand recipes	i		i	P						
18	Organize a recipe binder	i		i	P			i/T			T










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	Description										
19	Research shelf life of food	i		i	P						T
20	Use mesh laundry bags				P			i/T	i		T
21	Learn about fabric patterns				P				i		
22	Learn about fabric properties				P				i		
23	Fold a towel				P			i/T	i		T
24	Hang a shirt				P			i/T	i		T
25	Fasten a safety pin	i/T		i	P			i	i		T
26	Remove stains from clothing				P			i/T	i		T
27	Clean a surface				P			i/T	i		T
28	Dispense liquid dish detergent				P			i/T	i		T
29	Insert trash bag				P				i		
30	Tie a trash bag				P			i/T	i		T
31	Determine frequency of chores	i		i	P						
32	Comparison shop by store	i		i	P						T
33	Explore coupons	i		i	P						T
34	Learn about gratuities	i		i	P						T
35	Fold currency	i/T		i	P			i	i		T
36	Remove pennies				P				i		T
37	Fold paper to fit envelope				P				i		
38	Place a stamp on an envelope				P				i		
39	Apply return address label				P				i		
40	Mail using Free Matter method	i		i	P						
41	Operate a stapler				P				i		
42	Use paperclips				P				i		T










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43	Learn about layout of checks			i	P				i		
44	Input emergency numbers	i		i	P			i/T	i		T
45	Apply an adhesive bandage				P				i		
46	Use toothpaste				P				i		
47	Clean eyeglasses				P			i/T	i		T
48	Designate places for personal items				P			i	i		T
49	Mark an item				P			i	i		T
50	Distinguish keys				P				i		
51	Use keys				P			i	i		T
52	Learn about gestures							i		P	
53	Respond to public comments	i		i				i		P	T
54	Learn about body language		i							P	
55	Answer the door							i/T		P	T
56	Travel through a door					i				P	
57	Write a thank you note	i		i						P	T
58	Practice conversation skills									P	T
59	Make a business call	i		i				i		P	T
60	Use effective communication							i		P	
61	Recognize sarcasm									P	
62	Give and receive compliments									P	
63	Make introductions									P	
64	Explore entry level jobs	i	P	i				i			T
65	Expand career knowledge	i	P	i				i			
66	Link interests to careers	i	P	i				i			T

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67	Learn card games	i		i			P		i	i	T
68	Learn about Goalball	i		i			P				T
69	Use a pedometer	i		i			P	i/T			T
70	Safely use social media	i		i						P	
71	Properly use smart phones	i		i						P	
72	Track medical history	i		i				P		i	T
IN THE COMMUNITY											
A2	Choose “In the Community” lessons	i		i				P			
73	Convenience foods				P	i			i		
74	Food groupings			i	P	i			i		
75	Nutrition labels	i/T		i	P	i		i	i		T
76	Cleaning products				P	i			i		T
77	Brand and size comparison				P	i			i		
78	Fruits and vegetables				P	i			i		
79	Purchases based on a budget	i		i	P	i			i		
80	Cost of individual packaging	i		i	P	i			i		
81	Shelf life of food	i/T		i	P	i		i/T	i		T
82	Checkout stands				P	i			i		
83	Payment methods				P	i			i		T
84	Accessible grocery lists	i		i	P	i			i		
85	Shopping time estimate	i		i	P	i			i		
86	Servings per container estimate			i	P	i			i		T

IN THE COMMUNITY

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87	Total cost estimate	i		i	P	i			i		
88	Kitchen equipment				P	i			i		
89	Customer service usage	i/T			i	P		i	i	i	
90	Customer service techniques	i/T			i	P		i	i	i	
91	Part 1: Customer service efficiency			i	i	P			i		
92	Part 2: Customer service efficiency			i	i	P		i	i	i	T
93	Grocery bag options	i/T		i	P	i		i/T	i		T
94	Healthy snack options	i/T		i	P	i		i	i		T
95	Food storage systems				P	i		i/T	i		T
96	Sales and coupons	i/T		i	P	i		i/T	i		T
97	Canned produce vs. frozen produce				P	i			i		
98	Cookie baking options				P	i			i		
99	Lunch products				P	i		i/T	i		T
100	Non-food items	i		i	P	i			i		
101	Additional products and services				P	i			i	i	
102	Ethnic & specialty foods				P	i			i		
103	Jobs in a grocery store	i/T	P	i		i		i	i		T
104	Frozen food				P	i		i/T	i		T
105	Canned food aisle	i/T		i	P	i		i	i		T
106	Bread products				P	i			i		
107	Butter and margarine				P	i			i		
108	Milk				P	i			i		
109	Hair removal products				P	i			i		

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110	Skin care products				P	i		i	i		
111	Sun care products				P	i		i/T	i		T
112	Travel size products				P	i			i		
113	Deodorant				P	i			i		
114	Hair styling products				P	i			i		
115	Dental care products				P	i			i		
116	Mailing products				P	i			i	i	
117	File boxes			i/T	P	i		i/T	i		T
118	Jobs in a drug store	i/T	P	i		i		i		i	T
119	First aid supplies				P	i			i		
120	Seasonal products					i	P		i		
121	Fragrances				P	i			i		
122	Department store customer service				P	i		i	i	i	
123	Clothing departments				P	i			i		
124	Clothing labels			i	P	i			i		
125	Fashion accessories				P	i			i		
126	Cosmetics				P	i			i	i	
127	Shoe styles			i	P	i		i	i		
128	Clothing descriptions				P	i		i	i	i	
129	Accessible ATMs	i		i	P	i			i		
130	Condiments				P	i		i/T	i	i	T
131	Nutritional content	i/T		i	P	i		i	i	i	T
132	Fast food experience				P	i		i	i	i	
133	Food cutting techniques				P	i			i	i	

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134	Dry cleaner services				P	i			i	i	
135	Nail care options				P	i		i/T	i	i	T
136	Hardware store products				P	i			i	i	
137	Social perspective of the listener					i			i	P	
138	Photography	i				i	P	i	i		T
139	Conversation games	i		i		i	P		i	i	T
140	Craft projects					i	P	i	i	i	T
ECC TRACKING											
	(P) Primary	0	5	0	108	4	7	3	0	15	
	(i) immersed	35	1	54	4	65	0	28	109	20	
	(i/T) immersed in Try it	13	0	1	0	0	0	32	0	0	
	(T) Try it Lessons										67

Sensory Efficiency: It is assumed that all O&M lessons include work on sensory efficiency skills.

Self-determination: If students choose the goals, essentially all lessons cover Self-determination. Lessons marked “i/T” ask students to take charge over their lives in recognizing the need to work on ECC skills due to their visual impairment and to take responsibility for mastering skills through extended practice.

