

Attainment's

LIVING ON YOUR OWN

Survival GUIDE



Don Bastian • Tom Kinney

Survival Guide Living on Your Own Student Book

By Don Bastian and Tom Kinney

Edited by Tom Kinney

Graphic design by Sherry Pribbenow

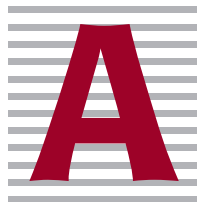
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Attainment Company, Inc.

P.O. Box 930160

Verona, Wisconsin 53593-0160 USA

1-800-327-4269

www.AttainmentCompany.com

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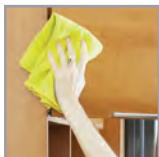
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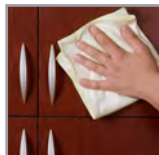
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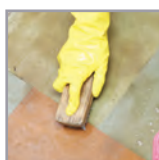
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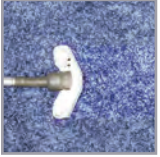
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INTRODUCTION



Keeping your home tidy and clean will make you feel proud of where you live and will make it easy for you to find your things.

Routine

Routine – a sequence of actions you follow regularly



A **routine** is a series of activities. An activity is



something you do, like vacuuming wood floors. A **routine**

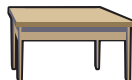
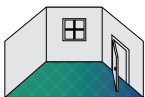


1

is when you do several activities together one after another.



An example of a **routine** would be to first vacuum the



carpet. Then the floor. The furniture. And areas that require



a hand-held vacuum.

Routine

A suggested routine:

1



Straightening up

2



Emptying wastebaskets

3



*Sweeping
floors*

4

*Sponge
mopping*



5



Dusting

6



*Vacuuming
the carpet*

CHAPTER 1

Housekeeping

Straightening Up
Emptying Wastebaskets
Sweeping and Dusting
Dust Mopping
Cleaning Smudges
Mopping the Floor
Sponge Mopping
Hand Scrubbing





Start by picking up all items from floor and furniture.



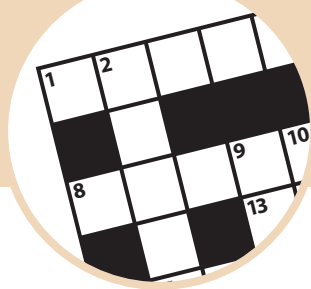
Straightening Up



A major part of straightening up is collecting dirty laundry.



Straightening your home regularly keeps it clean and neat and in top-notch shape when visitors come over.



Vocabulary

1

straightening



to tidy up an area

2

room



a living space, like a living room

3

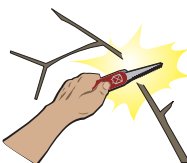
living space



where you live

4

perform



to do or to fulfill something

5

beginning



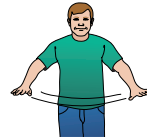
when something starts anew

6

task



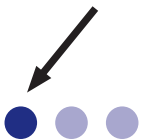
a job to do



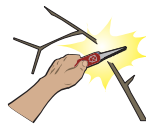
Straightening up can be done anywhere in any



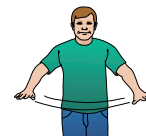
part of the place where you live. And it is generally



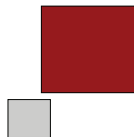
the first activity you do when cleaning up your **living**



space. You can't **perform** a **task** like vacuuming until



you straighten up. Straightening up can be done as the



beginning activity of a larger cleaning task.



Step by Step



1

Collect cleaning supplies



2

Pick up and put items in right places.



3

Fluff pillows and place them back where they belong.

Step by Step



4

Remove all items that don't belong.



5

Spray cleanser on tables and use a cloth to wipe it clean.

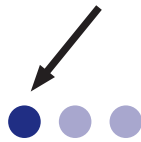


6

Be proud of your work.



Helpful Tips



Decide first what your plan is when **straightening**

1



1

one or more **rooms**. It's okay to just do one room each



day. Ask yourself what room you will start in. And will you



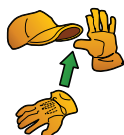
do more than just straighten in that room? Like vacuuming



and dusting? Take a laundry basket with you to put in



items you've picked up, and carry them to the rooms

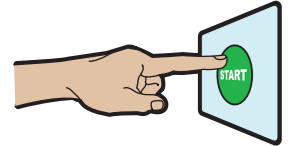


where they belong.

Problem Solving



1 You don't know where to start. What should you do first?



2 You're not sure how much cleaning you will do.
How can you decide that?



3 Why do you need a laundry basket?





Quiz

1 ¹ _____ is usually the first activity you will do.





laughing



straightening

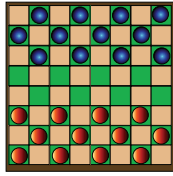


singing

2   Decide what your _____ is when straightening a room.





story



game



plan

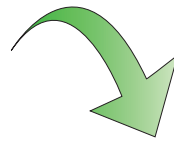
3   Straightening is often the beginning _____ when housekeeping.



apple



monkey



activity

Emptying Wastebaskets



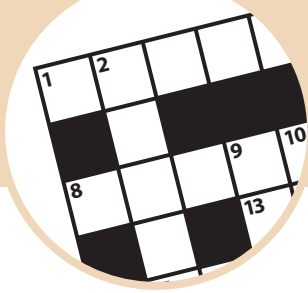
Trash basket



*Make sure you have both a wastebasket
for trash and one for recycling.*

Recycling basket





Vocabulary

1

waste-
basket



small bin for holding trash

2

emptied



to remove all of something

3

regular



something you often do

4

suburbia



communities on the outskirts
of towns or cities

5

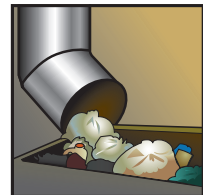
recyclables



items that can be used again,
like empty cans

6

chute



a slide that conveys garbage
to a lower level



Wastebaskets are smaller than garbage cans and



are found in most rooms. They need to be **emptied**



regularly. Keep an extra liner in the bottom of each so

1



when you take one out, you have one to put in. You will



need a **recyclable** wastebasket too. Recyclables are materials



that can be reused again. Like glass, metal, and paper.



Step by Step



1

Collect wastebaskets.



2

Tie the plastic bags . . .



3

. . . so they are ready to go.



4

Take them out to your outdoor container or recycling bin.



5

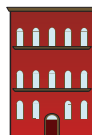
A job well done.



Helpful Tips



Where you empty **wastebaskets** depends on



where you live. If you live in an apartment, throw them



down a **chute** or into collection bins. In **suburbs** there



is weekly trash pickup. Use small wastebaskets in rooms



that have less trash. Like bedrooms. Make sure not to put



recyclables in trash wastebaskets.

Problem Solving



1 You forgot to put a new liner in. What should you do?



2 You can't carry all the baskets from every room. What should you do?



3 You put recyclables into wastebaskets by mistake. What must you do next time?





Quiz



1 Wastebaskets are smaller than ____ cans.



table



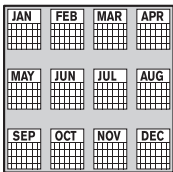
garbage



pencil



2 They need to be emptied ____.



yearly



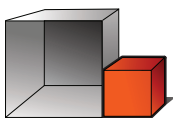
regularly



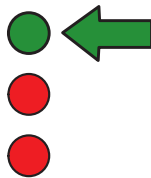
monthly



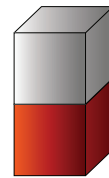
3 Keep extra liners in the ____ of each wastebasket.



outside



top



bottom

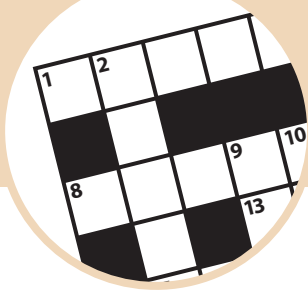


Broom and dustpan.

Sweeping and Dusting



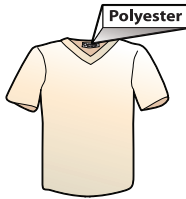
Dust cloth.



Vocabulary

1

synthetic



an artificial material

2

natural



existing in or caused by nature

3

fiber



a fine material, like those used in brooms

4

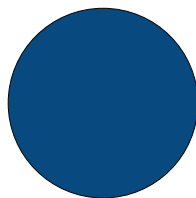
sweep



to clean an area by brushing away dirt

5

circular



in the form of a circle

6

feather
duster



a tool for dusting furniture