

# National Center on Deaf-Blindness



## Transition Activities

### Bagging Groceries

#### Topic:

*Bagging Groceries* will help your son/daughter with people skills and community belonging which will have a positive impact on employment success.

#### Overview:

Many grocery stores allow customers to bag their own groceries; some require it. Not only is bagging groceries a skill that serves oneself, it is also a paid job. For youth who want to prepare for life after school, or even for a part-time job, learning to bag groceries is a worthwhile skill to have. This activity teaches your son/daughter to understand packaging, inserting, organizing, problem solving, and weight discrimination. Your son's/daughter's knowledge of his/her own employment options are only as varied as the experiences he/she has during these transition years. Continuing to build these experiences is a life-long endeavor.

#### Outcomes for your child's transition development:

Your son/daughter will increase in his/her ability to function more independently in community shopping venues where bagging groceries occurs, considering this as a part-time employment option.

#### Activity Directions:

Materials needed -

- Grocery bags (both paper and plastic)
- Food containers and boxes (cereal, milk, yogurt, etc.)
- Nonperishable items: cans of soup, paper towels, laundry detergent, etc.

Directions for this activity can also be found at the following link:

<http://www.perkinselearning.org/transition/activities/bagging-groceries>

- Place empty grocery bags and groceries on a table. Ask your son/daughter to stand next to the table and place the groceries in the bag, one at a time.
- The following concepts should be taught:

- Weight discrimination
- Heavy and light items
- Where to place items
- Your son/daughter should learn to place heavier items on the bottom of the bag and the lighter, more fragile items on the top.
  - Allow your son/daughter to learn experientially about heavy and fragile items.
  - Have him/her pick up a can of soup and an egg.
  - Demonstrate what happens when a bottle of laundry detergent is placed on a package of crackers or eggs. They may break.
- Your son/daughter should also be aware that the bag should not be too heavy to carry.

## **Ways to either Simplify or Increase Complexity:**

### Ideas for Simplifying Activity

Sometimes, grocery stores put advertisement or information fliers in grocery bags. Your son/daughter may be able to have a stack of handouts on his/her wheelchair tray for folks to take after bagging is complete. A smile and reminder from the checker to take one is all that is needed.

### Ideas for Increasing the Complexity of the Activity

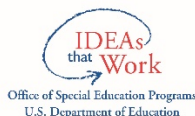
After practicing at home, have your son/daughter contact a local grocery store and ask if he/she could job shadow a bagger and even help with the job for a few hours.



NATIONAL CENTER  
ON DEAF-BLINDNESS



DEAF-BLIND NETWORK  
TECHNICAL ASSISTANCE ACROSS THE NATION



Office of Special Education Programs  
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