**1st Grade ELA Curriculum for Students with Aphantasia**

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**Week 1: Introduction to Writing**

* **Focus**: Sentence Structure
* **Activity**: Writing 3 simple sentences about their morning routine using touch-based prompts (e.g., "How did your clothes feel?")

**Week 2: Sensory Exploration**

* **Focus**: Describing Texture
* **Activity**: Touch different fabrics (cotton, wool, etc.) and write what they feel, using words like "soft," "rough," etc.

**Week 3: Concrete Nouns**

* **Focus**: Naming Objects
* **Activity**: Identify 5 objects around the room and write a sentence about each (e.g., "The chair is hard").

**Week 4: Writing About Food**

* **Focus**: Describing Taste and Smell
* **Activity**: Write about a favorite snack using taste-based prompts (e.g., "The apple is sweet").

**Week 5: Familiar Environments**

* **Focus**: Describing Home
* **Activity**: Write 4-5 sentences describing their bedroom without using visualization, focusing on the objects and how they feel.

**Week 6: Seasonal Writing**

* **Focus**: Describing Weather
* **Activity**: Write about how the weather feels outside (cold, hot, windy), and what they can touch or hear.

**Week 7: Sound-Based Writing**

* **Focus**: Describing Sounds
* **Activity**: Identify and describe 3 sounds they hear at home or school (e.g., "The dog barks loudly").

**Week 8: Concrete Verbs**

* **Focus**: Action Words
* **Activity**: Write sentences about 5 different things they did today (e.g., "I ate breakfast").

**Week 9: Writing About Animals**

* **Focus**: Animal Characteristics
* **Activity**: Write 4 sentences about a favorite animal focusing on touch or sound (e.g., "The dog’s fur is soft").

**Week 10: Feelings and Emotions**

* **Focus**: Emotional Vocabulary
* **Activity**: Write about a time they felt happy or sad using concrete descriptions of what happened.

**Week 11: Object Comparison**

* **Focus**: Simple Comparisons
* **Activity**: Compare two objects based on texture, size, or color (e.g., "The ball is soft, but the rock is hard").

**Week 12: Narrative Structure**

* **Focus**: Story Building
* **Activity**: Build a 3-sentence story using real events (e.g., "First I woke up, then I ate breakfast, and finally, I played outside").

**Week 13: Describing Movement**

* **Focus**: Action in Writing
* **Activity**: Write about how they move in a favorite game or sport.

**Week 14: Object Use**

* **Focus**: Function of Objects
* **Activity**: Pick 3 objects (e.g., spoon, pencil, shoe) and write a sentence about what each is used for.

**Week 15: Writing Instructions**

* **Focus**: Step-by-Step Instructions
* **Activity**: Write instructions on how to make a sandwich or tie their shoes.

**Week 16: Describing Nature**

* **Focus**: Outdoor Writing
* **Activity**: Write about what they can touch and hear in the park (e.g., "The grass is soft").

**Week 17: Character Introduction**

* **Focus**: Describing People
* **Activity**: Write about a family member or friend, focusing on physical traits (e.g., "Mom wears glasses").

**Week 18: Everyday Objects**

* **Focus**: Concrete Details
* **Activity**: Write about 5 things they use every day (e.g., "I use a toothbrush").

**Week 19: Animal Sounds**

* **Focus**: Describing Animal Behavior
* **Activity**: Write about the sounds animals make, like a dog barking or a bird chirping.

**Week 20: Simple Poems**

* **Focus**: Sensory-Based Poetry
* **Activity**: Write a 4-line poem about how rain feels and sounds (e.g., "The rain taps on my window").

**Week 21: Describing School**

* **Focus**: Writing About Familiar Spaces
* **Activity**: Write about the classroom or a play area using concrete descriptions (e.g., "The desk is hard").

**Week 22: Rhyming Words**

* **Focus**: Word Play
* **Activity**: Write 3 rhyming sentences based on sensory words (e.g., "The ball is small").

**Week 23: Using Time Words**

* **Focus**: Temporal Words
* **Activity**: Write about their day using words like “first,” “next,” and “last."

**Week 24: Telling About the Past**

* **Focus**: Recounting Events
* **Activity**: Write about something fun they did last weekend.

**Week 25: Revisiting Sensory Words**

* **Focus**: Sensory Descriptions
* **Activity**: Revisit Week 2 and describe a new set of textures or sensations.

**Week 26: Reflection and Review**

* **Focus**: Combining Skills
* **Activity**: Write a short story using sensory descriptions from the past weeks.