






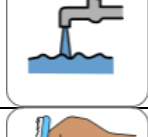










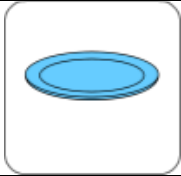




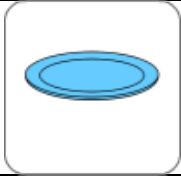











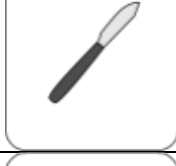

6 Task Strips for Daily Living Skills





Brushing Teeth	
1. Get toothbrush	
2. Turn on the water	
3. Wet toothbrush	
4. Put toothpaste on the brush	
5. Brush teeth	
6. Spit in sink	
7. Rinse toothbrush	
8. Turn off the water	
9. Put toothbrush away	






Doing the Laundry	
1. Sort dirty clothes into dark colours and light colours	
2. Put one pile of clothes into the washing machine	
3. Add the laundry soap	
4. Close the washing machine lid	
5. Turn on the washing machine	
6. Once the cycle is done, move the wet clothes to the dryer	
7. Turn on the dryer	

Making a Sandwich	
1. Get a plate	
2. Get the meat and cheese from the fridge	
3. Close the fridge door	
4. Get 2 slices of bread	
5. Close the bread bag	
6. Place the bread on the plate side by side	
7. Put the cheese on one side of the bread	
8. Put the meat on top of the cheese	
9. Place the other slice of bread on top of the meat	

Setting the Table	
1. Pick up plates	
2. Put plates on the table	
3. Pick up napkins	
4. Put a napkin beside each plate	
5. Pick up forks	
6. Put a fork on each napkin	
7. Pick up knives	
8. Put a knife beside each fork	

Washing Hands	
1. Turn on the water	
2. Wet hands	
3. Put soap on hands	
4. Rub hands together	
5. Rinse hands under the water	
6. Turn off the water	
7. Dry hands on towel	

Making the Bed	
1. Remove blanket from bed	
2. Smooth the top sheet over the bed	
3. Pull the blanket over the top sheet	
4. Put pillow at the top of the bed	