

Home Activities

Building Upper Extremity and Core Strength

With adult supervision as needed

Laundry tasks:



- carry, push or pull laundry baskets to washing machine
- fasten the buttons, zippers, snaps
- lift dirty laundry into washing machine
- transfer the heavy, wet clothes to the dryer -OR-
- hang the laundry on clothesline using clothespins
- remove clothes from dryer and turn right-side-out as needed
- fold or hang up the clean, dry laundry

Take out the trash

Change sheets on the bed

Push and steer grocery cart in store

Carry grocery bags



Wring out wet cloth and wash the floor on hands and knees

Push and pull the furniture to clean under it

Use water squirter to spray plants, or spray tables & surfaces to clean

Vacuum

Wash the windows

Sweep or mop the floor



Wash outdoor toys and bicycles

Pull out the hose and move it around to water the lawn or the garden

Sweep, rake, shovel

Push wheelbarrow, pull wagon

