

### **1. “Put in” activities**

- a. Recycling- move empty bottles/cans/rolled papers into a bin
- b. Laundry- move clothing (easy to hold, such as balled-up socks) into bin or washing machine
- c. Groceries- move food items (easy to hold, such as bottles/cans/small boxes) into bag or bin/box
- d. Food service- move utensils from table into bin/box/bucket/dishwasher (after meal time or as separate activity)
- e. Office- feed papers to shredder, put papers in box/recycling bin

### **2. Exercise/movement – aim for 60 minutes, added up throughout the day!**

- a. Walking outdoors (or inside!)
- b. Sit to stand game – how many times can the student sit in a chair and stand up in 1 minute? (targets strength and endurance)
- c. Kicking a ball or balloon
- d. Picking up & carrying differently weighted household items (i.e. cans, cereal box, laundry detergent) – see if the student will pick up an item off the ground or table, and carry the item with them on a walk!
- e. Dancing to music

### **3. Cleaning**

- a. Wiping table, chairs, car, door handles, etc. with rag (wet or dry)
- b. Pushing around a broom or vacuum
- c. Washing dishes – fill sink or bucket with water and soap/bubbles and use non-breakable dishware/cups (the student can either enjoy the sensory experience, or a caregiver can help with the physical steps/routine to washing an item and placing it to dry)