



Home Activity List

Here are some suggestions of opportunities when you could try and use your affected hand more. Tick the activities you are going to try this week. You can add your own ones too.

Bedroom and Bathroom tasks:	Kitchen and Dining tasks:	Other:
Washing and drying your hands	Eating finger food	Use TV remote
Flush the toilet/lift lid	Setting the table	Use computer/mouse/tablet/phone
Applying body lotion	Using cutlery to eat your food	Select items when shopping/ unloading groceries
Brush teeth	Drink from a cup (not hot liquid)	Stroke your pet
Brush hair	Apply condiments	Unlock the door with a key
Put on socks	Spread butter	
Put on your glasses	Wash dishes in the sink	
Button a shirt/ do up zip	Wipe down sink/kitchen work tops	
Opening drawers	Open/close fridge/microwave	
Taking clothes out of drawer	Open/close kitchen cabinets	
Put dirty clothes in wash basket	Turn tap on and off	
Pressing light switches on and off	Take things out of kitchen cabinet	
Open door with the handle	Twist lids of jars/bottles	
Making the bed		