



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					