

Daily Life Activities

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1. THE THREE ACTIVITIES OF THE VERY FIRST DAY

- ❖ To extinguish a candle with a snuffer
- ❖ To carry a glass of colored water
- ❖ To pass a bell

2. PRELIMINARY EXERCISES

- ❖ To sit at a table
- ❖ To carry a chair
- ❖ To carry a table
- ❖ To open & close a door
- ❖ To open & close a drawer
- ❖ To unroll, roll and carry a mat
- ❖ To walk around a mat
- ❖ To carry a tray
- ❖ To put a coat on a hanger

3. MOTOR SKILLS

- ❖ **3-fingers grasping:** Pegs & Basket
Pompoms
Marbles & Tongs
Transferring seeds or beads with tweezers
Spoonng (transferring with a spoon)
Sorting
- ❖ **Screwing/Unscrewing:** Bottles with screwing lids
Nuts & bolts
Screw & unscrew with different screwdrivers
Screw & unscrew tiny things
Locks and keys
- ❖ **Pouring:** Dry pouring colored rice (solid)
Wet pouring (transferring) water (from jug to jug)
Pouring to the line
Pouring equally to many containers
- ❖ **Water activities:** Eye-dropper transfer
Transfer water to a soap saver with eyedropper
Squeeze the sponge (pronation and supination)
Using a whisk
- ❖ **Gluing/ungluing:** Superimposition of shapes
Unglue a stamp
Gluing work

3. MOTOR SKILLS (Cont')

Others:	Boxes with surprises Cutting on the line Hammering Mortar & pestle (egg shells, rice krispies) Prick a shape Rolling & unrolling ribbons Setting the table Threading and making necklaces
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4. CARE OF SELF

❖ Dressing frames:	Velcro Push buttons (snaps) Large and small buttons Zippers Hooks & eyes Belt buckles Knots and bows Lacing Safety pins
❖ Sewing buttons	
❖ Washing hands	
❖ Shoe polishing	

5. CARE OF THE ENVIRONMENT

❖ Folding:	Folding napkins Folding clothes
❖ Laundry:	Washing clothes Ironing
❖ Polishing:	Polishing silver, brass, money, metal Oiling wood
❖ Cleaning:	Cleaning shells, rock, license plate Cleaning mirrors/glass/license plate Cleaning a table Cleaning a window Sweeping Dusting
❖ Plants Caring:	Watering plants Planting alfalfa Changing water of flowers' arrangements

6. GRACE AND COURTESY

- ❖ Asking permission to borrow
- ❖ Asking permission to leave
- ❖ Asking for help
- ❖ Introducing a person
- ❖ Saying good-bye
- ❖ Greeting others
- ❖ Knocking on door
- ❖ Pardon me, please
- ❖ May I ?
- ❖ Polite greeting

7. EQUILIBRIUM AND GRACE

- ❖ Walking on the line

8. SILENCE GAME

9. APPENDIX: ADDITIONAL PRACTICAL LIFE ACTIVITIES