



OT Weekly Chore List

-What better way to incorporate daily routine, responsibility, and Occupational Therapy!

- Try these simple chores around the house to help stay active and keep your environment clean

1. Wash the windows- This activity incorporates OT skills such as shoulder active range of motion (flexion, adduction, and abduction) as well as hand strengthening while squeezing the spray bottle.

2. Make your bed- This activity incorporates bilateral coordination as it requires you to use both hands while pulling up sheets/ blankets.

3. Drying dishes- This activity requires bilateral coordination as you need to hold both the item you are drying and the dish towel simultaneously in each hand. This activity also requires you to grasp and hold onto various shaped items with varying weights.

More to come.....