

Activity

Pick a task that you would normal do and break it up into smaller steps.

Here are some ideas for tasks:

1. Vacuum cleaing
2. Making a cup of tea
3. Making a bed
4. Cooking a meal
5. Ironing clothes

Below is an example and a template for you to print and try for yourself

How to Make a cup of tea

What you need:

- Cup
- Tea bag
- Kettle
- Water
- Milk
- Sugar
- Tea spoon

What to do:

1. Put tap water in the kettle and boil

2. Add teabag to a cup

3. When the kettle boils, add boiling water to the cup

4. Add milk and sugar as you like

5. Stir and enjoy!

6.

How to _____

What you need:

What to do:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____