

Typical Home Routines

Cannot Do It
Needs Much Help
Needs Little Help
Can Do It

• Waking up and getting out of bed				
• Getting dressed				
• Eating breakfast				
• Grooming (brushing teeth/combing hair)				
• Leaving the house				
• Getting into the car or bus				
• Putting on the seatbelt and riding in the car				
• Getting out of the car				
• Saying good-bye and leaving				
• Getting off the bus or out of car after returning home				
• Taking off coat and hanging it up				
• Putting school materials away				
• Having a snack or drink				
• Choosing toys				
• Playing/Stopping play				
• Watching TV/Stopping TV				
• Getting undressed/Dressing in pajamas				
• Brushing teeth				
• Taking a bath				
• Listening to a story				
• Getting in to bed				
• Saying goodnight				