

Home Activity Plan – Elementary School students

Below are some general strengthening activities you can do with your student. This list is meant to give you some ideas, but don't feel you need to do all of them. Have fun

- Inside:
 - load/ unload the dishwasher (or hand you items from the dishwasher to put away)
 - carrying a laundry basket (if a full one is too heavy, use one that's about half full)
 - load/unload the washer/dryer
 - put away groceries
 - sweep the floor (broom or Swiffer)
 - vacuum
 - water plants
 - clean windows or mirrors
 - wipe off table before or after meals
 - set the table
 - wipe off front of appliances
 - make the bed
 - sort laundry before you wash (whites / colors/ towels)

- Outside
 - Water plants – use a watering can or other container, or squeeze the hose nozzle
 - Take out the trash from inside to the outside trashcans
 - Carry items to a garden/area in a bucket
 - Get the mail from the mailbox
 - Rake the yard
 - Pull weeds
 - Pick up sticks in the yard
 - Sweep the walkway to the house
 - Help wash the car