












Independent Living Tasks

Juice Drink

Ingredients and Equipment : Juice , Water , Cup .

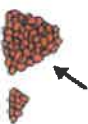
1	 Get a cup
2	 Put a small amount of juice in the cup
3	 Top up with water
4	 Drink juice
5	 Wash cup




Like



Don't



More



Finished









Help

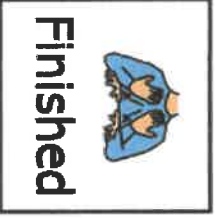
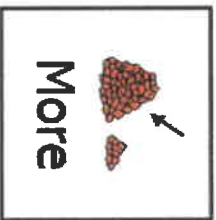
Cup of Tea



Ingredients and Equipment : Tea bag , Sugar ,
Water , Milk , Mug , Spoon .







- 1 Get a mug 
- 2 Add the tea bag and sugar 
- 3 Add the hot water and stir 
- 4 Add the milk and remove the tea bag 
- 5 Stir and drink 






Hot Chocolate

**Ingredients and Equipment : Chocolate powder ,
 Water , Milk , Mug Spoon .**

1


Get a mug

2


Add the Chocolate powder

3


Add the hot water and stir

4


Add the milk

5



Stir and drink




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Don't



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Cheese Sandwich

    
**Ingredients and Equipment : 2 slices of bread ,
 Butter , Cheese , Plate , Knife .**

1    
Butter one side of the bread


2  
Slice the cheese


3      
Put one slice of bread on the plate


4        
Add cheese and put the other slice on top

5   
Cut in half and eat


Like


Don't


More


Finished


Help

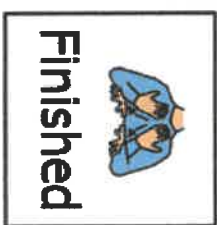
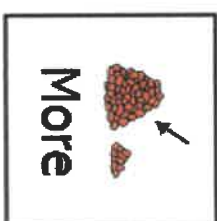
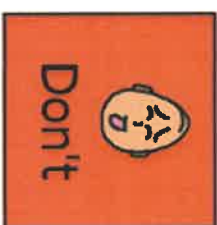
Toast and Butter



Ingredients and Equipment : 2 slices of bread ,
Butter , Toaster , Plate , Knife .



- 1 Put bread in toaster
- 2 Toast until light brown
- 3 Put toast on plate
- 4 Spread on the butter
- 5 Cut in half and eat




Cereal


Ingredients and Equipment : Cereal , Milk , Bowl ,
Spoon .

1 Get a bowl 


2 Pour in the cereal 


3 Pour milk on top 


4 Get a spoon 

5 Eat 

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Don't 

More 

Finished 

Help 

How to make the bed .

1 Shake the duvet and pillow .

2 Smooth the sheet on the bed.

3 Put the duvet back on the bed.

4 Put the pillow back on the bed.

