

Productive Activities for Common Jobs

CHEATSHEET

Homemaker

- ☐ Folding clothes
- ☐ Dishes
- ☐ Cleaning surfaces
- ☐ Caretaking (baby doll/grandkids)
- ☐ Making Lists for groceries
- ☐ Gardening/pulling weeds
- ☐ Sorting laundry

Office Job

- ☐ Sorting papers
- ☐ Organizing supplies
- ☐ Filling out paperwork
- ☐ Approving tasks/Giving opinion
- ☐ Making a list/counting
- ☐ Typing (even if it's nonsense)
- ☐ Making appointments (with you)

Physical Labor

- ☐ Holding something
- ☐ Lifting something
- ☐ Gardening/moving dirt
- ☐ Walking/Standing
- ☐ Assisting with physical chores
- ☐ Carrying things during errands
- ☐ Pouring/serving food/drink

Worked with Hands

- ☐ Using tools (not sharpe)
- ☐ Putting together plastic pipes
- ☐ Tightening screws (with hands/wrench)
- ☐ Lincoln logs
- ☐ Puzzles
- ☐ Fidget blankets
- ☐ Sorting



Common Hobbies Activity CHEATSHEET



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- ☐ Drawing
- ☐ Arts/Crafts
- ☐ Kareoke
- ☐ Dancing
- ☐ Making Jewelry
- ☐ Painting
- ☐ Easy Rug Maker

Relaxation

- ☐ Listening to music from young years
- ☐ Audiobook
- ☐ TV/Movies
- ☐ Sitting outside
- ☐ Armoatherapy
- ☐ Painting nails
- ☐ Putting on lotion

Self-Care

- ☐ Crossword puzzle
- ☐ Chair Yoga
- ☐ Puzzle
- ☐ Cards
- ☐ Word Find
- ☐ Walk Outside/Gardening
- ☐ Picture Puzzle

Productive

- ☐ Carry items
- ☐ Scoop up items in kitchen
- ☐ Wiping down surfaces
- ☐ Babysitting (grandkids/doll)
- ☐ Making a simple choice (between 2)
- ☐ Holding something
- ☐ Drying dishes