

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



Lesiure

- 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 _____