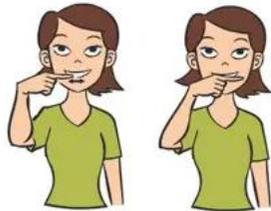


Get dressed....Flat hands stroke the chest downwards twice.



Brush teeth.....Form a fist with dominant hand, stick out index finger, move back and forth mimicking the motion of brushing your teeth.



Bath....Use both hands in a closed fist. Raise one fist above shoulder height, while the other fist is at hip level. Move hands back and forth as if drying your back with a towel.

Daily Routines.

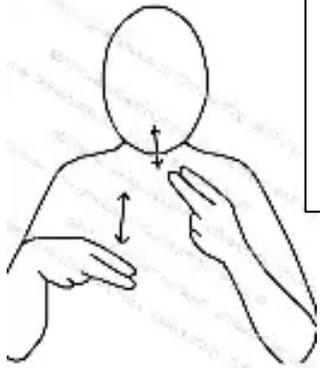
Shower.....Create a full O shape with dominant hand above your head. Open an close hand repeatedly.



Breakfast.....None dominant hand lays flat at chest height. Dominant hand makes a fist as if holding a spoon, making circular motions as if scooping from bowl to mouth.



Lunch....Use dominant hand in a pinched position and then tap mouth twice while mouthing the word lunch.



Dinner.....Hold out index and middle fingers together in front of body. Hands brought up to mouth one at a time repeatedly.



Bed....Hands flat together held at side of head, tilt head to the side.



Shoes on..... Non dominant hand cupped, dominant hand flat, insert dominant hand into the cupped hand.



Car.... Closed hands make a up and down movement in front of the body in opposite directions.