

Life skills

Build One Everyday Routine That Fits

Adults and teens 13+ | 10 to 15 minutes

Everyday tasks can involve planning, money, energy, and materials that are easy to overlook. Choose one task you want help with, such as packing a bag, doing laundry, or preparing a feasible meal. Success can include using support; it does not require doing everything alone.

Choose one task and define a workable result. Identify the materials, first step, and support needed to try it.

Start with real conditions

Consider what space, money, equipment, energy, and time are available. Write a version that fits those conditions. If a necessary resource is missing, finding help with that resource may be the first step rather than practicing the task.

Build a short sequence

Use a few steps in words, pictures, or audio. Put the cue where the task happens and choose a clear finish point. Plan who can help if you get stuck, with their agreement and without unnecessary monitoring.

1. What everyday task would I like to make easier?**2. What resources or access supports does it require?****3. What short sequence and first step fit my situation?****4. What help and review will make the routine sustainable?****Clinical use and adaptation**

Respect disability, interdependence, cultural preferences, poverty, and shared housing. Avoid judging adult competence or child readiness from completion. Use age-appropriate examples for teens and do not prescribe food, medication, financial, or other specialized regimens outside the person's care needs.