

Occupational Therapy

Activities of Daily Living (ADLs) - Showering

Aniesa Blore



USE SCISSORS SAFELY

This lesson includes the use of scissors, so please:

- Make sure you are sitting down to do your cutting.
- Make sure an adult is with you while you are cutting.
- Cut away from your body.
- Carefully watch what you are cutting.
- Hold scissors by the handles.
- Don't run while holding scissors.
- Only cut things which an adult has said is okay to cut.



ACTIVITY:

1. For this activity, you will need:
 - Paper
 - A pen or pencil
 - OR
 - Scissors (requires parent / carer supervision)
 - Glue
2. Print the downloadable resource and cut out the boxes of showering steps.
3. Stick the steps in order, from 1 to 18, on the grid provided.

If you don't have a printer, just write the steps in order on a piece of paper.



The Showering Steps

More soap on cloth	Shut the bathroom door	Squeeze soap on cloth
Hang towel up	Turn on the shower	Wet cloth
Check water temperature	Wet body	Wash face
Get undressed and put dirty clothes in laundry	Wash upper body and arms	Get into shower and close curtain/door
Wash legs, feet, and private area	Rinse all over - making sure to rinse under arms	Turn taps off and close soap bottle
Get out of shower	Dry body well	Get dressed



When showering, you need to:

1	7	13
2	8	14
3	9	15
4	10	16
4	11	17
6	12	18

