

Occupational Therapy

# Activities of Daily Living (ADLs) - Showering

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# 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

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



# When showering, you need to:

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

