



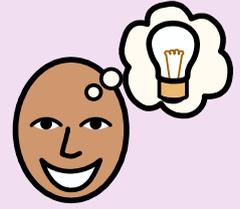
**Instruction**



**Posters**



**To Help**



**Ideas**

- Print off and laminate the posters that are relevant
- Place them in prominent places
- The user may need some support to begin with
- Point to each instruction and verbalise
- Use them to encourage independence



## Using the Toilet - Women

1



knickers down

2



sit on toilet

3



wee

or



poo

4



wipe

5



knickers up

6



flush toilet

7



wash hands

8



dry hands





Using the Toilet - Men Standing

1



toilet seat up

2



pants down

3



stand in front of toilet

4



wee

5



pants up

6



flush toilet

7



wash hands

8



dry hands





Using the Toilet - Men Sitting

1



underpants down

2



sit on toilet

3



wee

or



poo

4



wipe

5



underpants up

6



flush toilet

7



wash hands

8



dry hands





## Washing Your Hands

1



tap



on

2



soap on hands

3



hands in water

4



wash palm to palm

5



wash

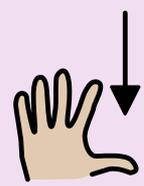


back of hands

6



wash



thumbs

7



wash



wrists

8



rinse

9



tap



off

10



dry hands





# Brushing Teeth

1



toothpaste on brush

2



rinse toothbrush

3



brush top teeth

4



brush bottom teeth

5



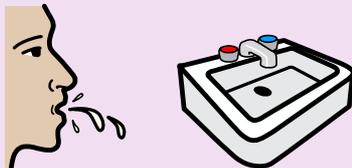
brush back teeth

6



brush tongue

7



spit in sink

8



rinse mouth

9



rinse toothbrush

10



tap off





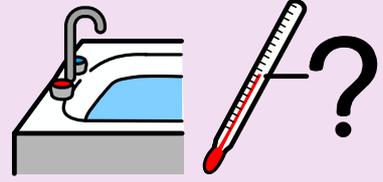
# Showering

1



turn shower on

2



check temperature

3



get in shower

4

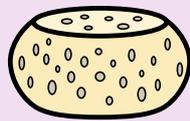


wash hair with shampoo

5



soap



on sponge

6



wash



body

7



rinse



body

8



rinse hair

9



get out of



shower

10



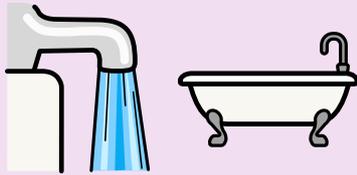
dry body





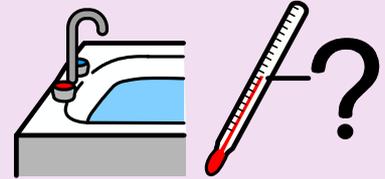
# Bathing

1



run bath

2



check temperature

3



get in



bath

4

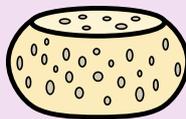


wash hair with shampoo

5



soap



on sponge

6



wash



body

7



rinse



body

8

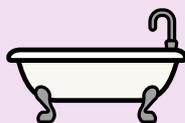


rinse hair

9

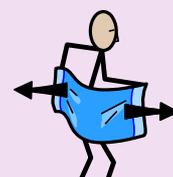


get out of



bath

10



dry body





# Getting Dressed - Men

1



pyjamas



off

2



underwear

3



socks

4



trousers or shorts

5



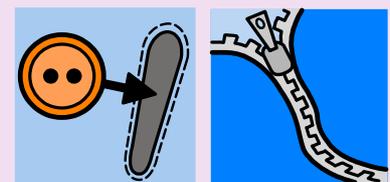
shirt

or



t-shirt

6



fasten

7



jumper

or



cardigan

8



ALL DONE



# Getting Dressed - Women

1

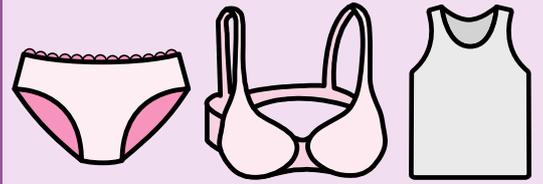


pyjamas



off

2



underwear

3



socks



or tights

4



skirt



or trousers

5

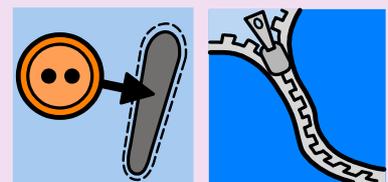


blouse



or t-shirt

6



fasten

7



jumper



or cardigan

8



ALL DONE





## Getting Dressed - Women

1



pyjamas



off

2



knickers

3



bra

4



socks



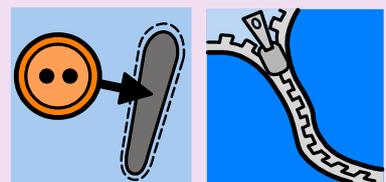
or tights

5



dress

6



fasten

7



jumper



or cardigan

8



ALL DONE





# Get Ready for Bed

1



brush teeth

2



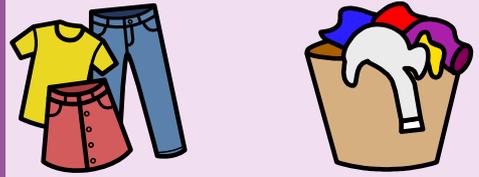
wash face

3



clothes off

4



clothes in wash basket

5



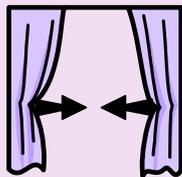
pyjamas on

6



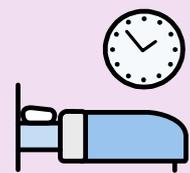
brush hair

7



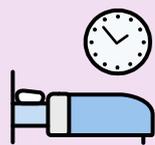
close curtains

8



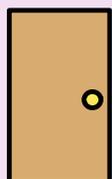
bedtime



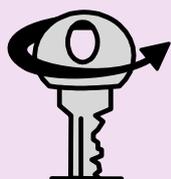


## Bedtime Checklist

1



doors



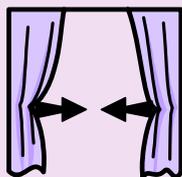
locked

2



windows closed

3



curtains closed

4

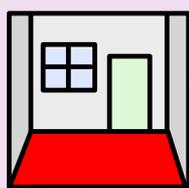


keys



safe place

5



floor



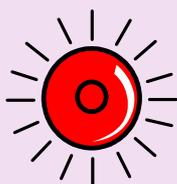
clear

6



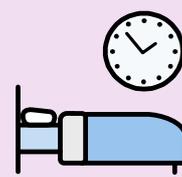
lights off

7



alarm on

8



bedtime





## Make a Cup of Coffee



Boiling water can be dangerous

1



fill the kettle

2



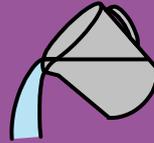
boil the kettle

3



put a teaspoon of coffee in the mug

4



pour boiling water into the mug

5



stir the water

6



add milk if you like

7



add sugar if you like

8



stir again





## Make a Cup of Tea



Boiling water can be dangerous

1



fill the kettle

2



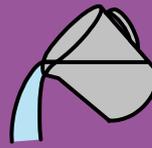
boil the kettle

3



put a teabag in a  
mug

4



pour boiling water in  
the mug

5



stir the water

6



remove the teabag

7



teabag in the bin

8



add milk if you like

9



add sugar if you like

10



stir again

