



# Daily Living Task Analyses

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# What is a Task Analysis?

- A task analysis is when a complex skill or series of behaviors is broken into sequential smaller, teachable steps.
- A task analysis should be individualized per learner. The number of steps needed is based on the individual. Some may be broken down more than others.
- The task analyses listed in this presentation are general and not individualized. Adjust as needed.

# Hand Washing

1. Stand in front of the sink.
2. Turn on the water tap.
3. Run the water over the hands thoroughly.
4. Apply soap to the hands.
5. Turn off the water.
6. Scrub the hands for 20 seconds.
7. Turn the water back on.
8. Rinse the soap off the hands thoroughly.
9. Turn off the water with towel.
10. Dry the hands with a clean towel.



# Brushing Teeth

1. Pick up the toothbrush.
2. Turn on the water tap.
3. Wash and rinse the toothbrush.
4. Turn off the water.
5. Pick up the toothpaste tube.
6. Remove the cap from the tube.
7. Place a dab of toothpaste on the bristles of the toothbrush.
8. Put the cap back on the tube of toothpaste.
9. Use the bristle end of the brush to scrub all of the teeth gently. (This can be broken down into each section of the mouth)
10. After brushing all the teeth, spit the toothpaste into the sink.
11. Turn on the water.
12. Rinse off the toothbrush.
13. Place the toothbrush back into its holder.
14. Turn off the water.



# Tying Shoes

1. Grab one lace in each hand.
2. Pull the shoe laces tight with a vertical pull.
3. Cross the shoe laces.
4. Pull the front lace around the back of the other.
5. Put that lace through the hole.
6. Tighten the laces with a horizontal pull.
7. Bend the left lace to form a loop.
8. Pinch the loop with the left hand.
7. Bring the right lace over the fingers and around the loop.
8. Push the middle of the right lace through the hole.
9. Pull the loops away from one another.



# Taking out the Trash

1. Pull the strings/flaps of the bag up and tie the bag
2. Lift the bag up and out of the trash can
3. Carry the trash bag to the dumpster
4. Open the dumpster
5. Place trash bag in the dumpster
6. Close the dumpster
7. Wash your hands
8. Grab a new trash bag
9. Place the trash bag in the trash can
10. Fold all sides over the edge of the trash can





# Thank you!

Disclaimer: The information provided are general evidence based practices of Applied Behavior Analysis to help assist in managing behavior. The strategies may not be effective for each student as each student is different.

Sources: [beahvioradvisor.com](http://beahvioradvisor.com), [regiscollege.edu](http://regiscollege.edu)