## Rochdale Additional Needs Service (RANS)

## Team for Autism and Social Communication (TASC)

## Activity Checklists

## What is an Activity Checklist?

An activity checklist consists of pictures or words that describe a sequence of tasks to carry out in order to complete an activity. It breaks down an activity into small steps in order to help with sequencing and the promotion of independent working. Activity checklists may be created using photographs, pictures, written words, or physical objects.

## Who may benefit from this approach?

- Children who struggle to retain verbal instructions.
- Children who struggle to complete tasks independently.
- Children who are struggling to complete new tasks
- Children who need support to carry out self-care tasks.
- Children who need prompts to organise equipment


## How to use an Activity Checklist

- Choose the activity you want the child to complete.
- List/show each step in order.
- Read through with the child.
- Prompt the child to 'check' checklist if they become stuck.
- Older children can tick each step when completed.
- Provide positive reinforcement for following the steps independently.


## Examples



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