

Task analysis sheet

How to use it

1. Pick one everyday routine, like getting dressed or packing a backpack.
2. Write each small step in order, one per row.
3. Your child ticks Done as they finish each step.
4. Note which steps your child does on their own and where they still need some support.

★ Task Analysis ✂️

Task:

Step	What do I do?	Done
1		☐
2		☐
3		☐
4		☐
5		☐
6		☐
7		☐
8		☐
9		☐
10		☐

Task analysis · brushing teeth

A filled-in example. Use it as it is, or as a guide for your own routines.

 Brushing Teeth 		
Step	What do I do?	Done
1	 Get your toothbrush.	☐
2	 Put toothpaste on the toothbrush.	☐
3	 Turn on the water.	☐
4	 Wet the toothbrush.	☐
5	 Brush your teeth.	☐
6	 Spit into the sink.	☐
7	 Rinse your mouth with water.	☐
8	 Rinse the toothbrush.	☐
9	 Put the toothbrush away.	☐
10	 Wipe your mouth.	☐