# Preliminary Exercises
- walking around the mat
- standing quietly
- sitting down and getting up from the floor
- sitting down and getting up from a chair
- carrying a chair
- carrying a table
- carrying trays or boxes
- carrying a bucket
- carrying a jug (fill and empty it)
- opening and closing drawers
- opening and closing a door

# Primary Lessons
- removing & matching lids on boxes/bottles
  - using tongs
- water transfer (baster to eye-dropper)
  - locks and keys
- pouring water #1 - jug to jug
- pouring water #2 - jug to glass
- pouring water #3 - jug to glasses
- pouring water #4 - jug to glasses at various levels
- pouring water #5 - jug to tea cup and saucer
- spooning
- whisking
- nuts and bolts
  - using a screwdriver
- washing hand at a tap
- squeezing a sponge
- wringing a cloth
- pouring rice
- carrying, rolling, and unrolling mats
  - folding cloths
  - paper punch
  - pin poking
  - tweezers

# Care of the Environment
- sweeping
- brushing mats
- dusting
- sponging up spills
- polishing glass
- polishing wood
- polishing metal
- washing a table
- washing linen
- Sewing a button
- folding clothes
- care of plants
- flower arranging
- lighting a match
- cutting snippets
- cutting lined paper
- cutting newsprint
- pasting
- making a braid

# Care of the Self
- washing hands and nails
- brushing clothes
- hanging clothes on a hanger
- cleaning shoes
- large button dressing frame
- small button dressing frame
- snap dressing frame
- zipper dressing frame
- hooks and eyes dressing frame
- bow dressing frame
- buckle dressing frame
- safety pin dressing frame
- shoe lacing dressing frame
  - buttons with hook
  - blowing nose
  - cutting
  - spreading
  - peeling (carrots, etc)
  - juicing

# Grace & Courtesy
- making way for someone to pass
- interrupting someone
- sneezing, yawning, coughing
- walking on the line
  - The Silence Game
- greeting and introducing
- offering to a guest
- giving and receiving compliments
- interrupting someone
- sneezing, yawning, coughing