**Instructions Sequencing**

**Goal:** To develop sequential processing skills

**Setup:** Note cards or sticky notes

**Instructions:**

1. Choose a task or activity that you need to complete on a daily basis. For example, making coffee or taking out the trash or your bedtime routine.
2. Break the task up into several steps. Complete the task or visualize yourself completing the task so you can decide how many steps there are.
3. Write each step on a notecard or sticky note. Include pictures or drawings if it helps you remember each step.
4. Mix up the notecards, then try to put the notecards in order from first to last.
5. Practice putting the notecards in sequence, reading each step out loud and looking at the words/pictures.
6. Write, draw, or say the steps in order from memory. Work on visualizing yourself completing the activity as you recite the steps. If it is helpful, try to complete the task and say the steps as you complete them.
7. Repeat until the sequence becomes automatic.

**Aspects to emphasize:**

1. Work on accuracy of the sequence. Repeat each step as many times as you need to before moving on to the next step. The sequence to complete the task should be automatic.