

Morning Routine

Routine 1

Say “Alexa...” followed by:

What’s in the news?

Check

What’s today's weather ?

What’s in my calendar today?

Remind me to buy [**milk**] at the supermarket.

Play [**Classic FM**]

How did you find this task? (please circle)



Very easy



Easy



Okay



Difficult



Very difficult



Please use reverse for notes

Meal Times

Routine 2

Say “Alexa...” followed by:

How do I make [**french toast**] ?

Check

Remind me to turn the cooker off in 20 minutes

How many calories are in an [**egg**]?

How long do I need to cook [**chicken**]?

How many grams are there in [**3**] ounces ?

How did you find this task? (please circle)



Very easy



Easy



Okay



Difficult



Very difficult



Please use reverse for notes

Health and Fitness

Routine 3

Say “Alexa...” followed by:

Open ‘**Chair Workout**’

Check

How do I eat healthily?

How do I treat a [**headache**]?

Remind me to take my tablets at [**9:00am**] everyday.

Open ‘**Mindful Breathing**’

How did you find this task? (please circle)



Very easy



Easy



Okay



Difficult



Very difficult



Please use reverse for notes

Relaxation time

Routine 4

Say “Alexa...” followed by:

Open ***‘Virtual Vacation’***

Check

Play ***‘Spa Music’***

Begin ***‘Park Walk’***

Open ***‘Stress Relief Music’***

Open ***‘Healing Sounds’***

How did you find this task? (please circle)



Very
easy



Easy



Okay



Difficult



Very
difficult



Please use reverse for notes

Entertainment

Routine 5

Say “Alexa...” followed by:

What’s on [**BBC1**] tonight ?

Check

Open ‘**Tongue Twisters**’

I’m Bored, what can I do?

Question of the day

Play [**cat videos**] on Youtube

How did you find this task? (please circle)



Very
easy



Easy



Okay



Difficult



Very
difficult



Please use reverse for notes

Evening routine

Routine 6

Say “Alexa...” followed by:

Set an alarm for [**7:00am**] tomorrow

Check

Set a [**7:00am**] alarm for every weekday

What’s on my calendar tomorrow?

What time will the sun rise in the morning?

Good night!

How did you find this task? (please circle)



Very easy



Easy



Okay



Difficult



Very difficult



Please use reverse for notes