

COMMANDS

1. Read and act out



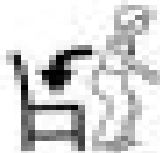
Close the door.



Open the door.



Stand up.



Sit down.



Open your back.



Close your back.



Open the window.



Close the window.

Write personal goals

- Stand up/stand up? / 1 year
- Sit down / sit down? / 1 month
- Open your back / open your back? / 1 day / 1 week
- Close your back / close your back? / 1 week / 1 month
- Open the door / open the door? / 1 month / 1 year
- Close the door / close the door? / 1 month / 1 year
- Open the window / open the window? / 1 day / 1 week
- Close the window / close the window? / 1 week / 1 month