

Supplement S2: Everyday actions included in pilot testing

Action name and description	Video duration (mm:ss)	Participants
<u>Core actions</u>		
<i>Ticket sorting</i> : picking up a wallet from the table; opening the clasp; selecting and removing a train ticket; fastening the wallet; placing the ticket and wallet down on the table		All Initial
<i>Coin sorting</i> : picking out two coins from a selection held in the palm of the non-dominant hand; transferring the coins to the palm of the dominant hand		All Initial
<i>Water bottle</i> : unscrewing and removing the lid of a small water bottle; pouring water into a cup; replacing the lid; lifting the cup towards the mouth	00:56	All RCT
<i>Sugar jar</i> : unscrewing and removing the lid of a jar, extracting a teaspoon of sugar; depositing the sugar into a teacup; placing the spoon down; replacing the lid	00:49	All RCT
<u>Personal actions</u>		
<i>Buttoning</i> : fastening and then unfastening 3 buttons on a tabard	01:01	All Initial; RCT3, RCT5
<i>Food cutting</i> : using a knife and fork to cut 3 slices from a block of modelling clay shaped into a 'steak'	00:50	I1, I2
<i>Butter container</i> : removing the lid of a plastic butter container	00:16	I2
<i>Breakfast cereal</i> : opening a cereal box; pouring cereal flakes into a bowl; re-closing the box	00:34	I3
<i>Lock and key</i> : inserting a key into a padlock; turning the key to unlock the padlock; <i>removing the key</i>	00:34	I4, RCT5
<i>Coffee jar</i> : unscrewing the lid of a large coffee jar; screwing the lid back on	00:48	I4
<i>Zippering</i> : fastening and then unfastening a zip on a jacket	00:41	RCT1, RCT5
<i>Writing - patterns</i> : using a pen to draw pre-writing patterns on lined paper; maintaining the amplitude of the letters between the lines; completing 3 rows of different patterns	00:52	I1, I3
<i>Writing- letters</i> : using a pen to write letters of the alphabet on lined paper; maintaining the amplitude of the letters between the lines; completing 3 rows of different patterns	03:32	RCT2, RCT3

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<i>Newspaper</i> : turning two pages or a newspaper; turning back to the cover	00:45	RCT1, RCT2
<i>Shirt sleeves</i> : fastening 3 buttons on a shirt sleeve cuff; repeating on other sleeve	00:54	RCT2, RCT3, RCT4
<i>Ticket sorting</i> : picking up a wallet from the table; opening the clasp; selecting and removing a train ticket; fastening the wallet; placing the ticket and wallet down on the table	00:48	RCT6
<i>Ticket removing</i> : holding a wallet in one hand and set of tickets in the other; selecting a ticket; opening the wallet; placing the other tickets in the wallet; closing the wallet while holding the selected ticket	00:44	RCT6
<i>Paper tidying</i> : gathering loose papers into a pile; picking up and straightening the papers; placing the pile back onto the table; picking up one sheet from the top	00:48	RCT6
<i>Coin jar</i> : unscrewing the lid of a small jar and placing it onto the table; picking up 4 individual coins and dropping them into the jar; screwing the lid back on	01:03	RCT4
<i>Yogurt pot</i> : removing the lid of a yogurt pot and placing it on the table; placing the lid back on	00:37	RCT1
<i>Food bag</i> : opening a zip-lock food bag; removing a cookie and placing it onto a plate; re-sealing the bag	00:44	RCT4

*Note: I = initial testing cohort; RCT = pilot RCT intervention group.*