**Examples of everyday tasks** you for the **2-minute challenge**:

**At Home**

1. **Making a cup of tea or coffee** – Finding the kettle, measuring water, and pouring safely.
2. **Brushing teeth** – Navigating the bathroom, applying toothpaste, and brushing correctly.
3. **Reading a food label** – Checking ingredients or instructions on a packaged product.
4. **Using a mobile phone** – Trying to send a text, check the time, or read a notification.
5. **Finding a specific item in the fridge** – Identifying food by shape, color, or label.
6. **Folding laundry** – Matching socks or identifying different clothing items.
7. **Finding a light switch in a dark room** – Navigating vision impairment in low-light situations.
8. **Pouring a drink without spilling** – Judging depth perception when using a glass or cup.
9. **Finding the right medication bottle** – Reading small labels and distinguishing different packages.
10. **Reading the TV remote buttons** – Changing channels or adjusting volume with limited vision.

**Out and About**

1. **Unlocking the car and finding the ignition** – Simulating the challenge of driving safely.
2. **Crossing a street** – Checking for cars, bikes, and pedestrians before stepping onto the road.
3. **Navigating a supermarket aisle** – Locating items on a shelf, reading price tags, and avoiding obstacles.
4. **Paying for something at a café or shop** – Finding the right money, using a card, or entering a PIN.
5. **Walking up or down stairs** – Judging steps and avoiding trips or missteps.
6. **Recognizing a bus number or street sign** – Reading signs from a distance while walking or driving.
7. **Using an ATM or EFTPOS machine** – Entering a PIN and following the on-screen instructions.
8. **Counting change after a purchase** – Checking coins and notes to ensure the right amount is given or received.
9. **Looking at a restaurant menu** – Reading food choices, prices, and descriptions.
10. **Finding your car in a parking lot** – Identifying vehicles when vision is limited.

**Work and Social Activities**

1. **Reading a book, newspaper, or magazine** – Trying to follow sentences and paragraphs.
2. **Typing on a keyboard** – Using a computer, entering a password, or responding to an email.
3. **Watching TV** – Understanding how visual impairment affects screen clarity.
4. **Recognizing a friend in a café or public space** – Spotting familiar faces when vision is affected.
5. **Checking a clock or wristwatch** – Reading the time on different clock faces.
6. **Writing a grocery list** – Seeing if handwriting remains legible and readable.
7. **Reading a street map or GPS screen** – Navigating unfamiliar places.
8. **Playing a board game or card game** – Distinguishing pieces or symbols.
9. **Following a recipe while cooking** – Reading instructions and measuring ingredients accurately.
10. **Threading a needle or doing a simple craft task** – Testing fine motor skills and vision together.