

The Ultimate Task List of Ideas for Adult Littles



To Dominants & Caregivers: Coming up with daily tasks for your Little can be a daunting task. It is our goal here at the Little Space League to ease your stress and help you and your Little One become more bonded. Below is a giant list of tasks for Littles regardless if you are long distance or in person. We have also provided a free template of a task chart in our **lifestyle documents** section of the website. We encourage you to sit down and choose the tasks that resonate most with you! May this list give you plenty of ideas and help you and your Little find a daily rhythm to your D/s relationship!



Medical/ Personal Hygiene:

- Brush teeth after every meal
- Floss and mouthwash daily
- Shower once a day.
- Use a nice bath product or shower crayons on the wall to play while washing up.
- Take a multivitamin
- Take any medication (if necessary) on time. Use a reminder in your phone if need be.
- Get at least 7-8 hours of quality sleep
- Wear a clean outfit daily that makes you feel good about your body
- Take 2 minutes to stretch your muscles when you wake up in the morning
- Drink 6-8 glasses of water throughout the day
- Went to all medical appointments.
- Did a Little Space workout (like Cosmic Kids, Coach Corey Martin, or Miss Linky- All on YouTube!)



Food:

- Make sure your meals look like a rainbow ("Eat a rainbow")! (Put lots of fruit and veggies on your plate).
- Turn the food on your plate into a smiley face. Food always looks better when it's smiling back at you!
- Eat a snack that puts you into Little Space
- Find a healthy dessert that makes you feel small. (Consider a bowl of berries, a kebab of fresh fruit, an animal made with fruit, or avocado toast faces).
- Put hot tea, coffee, or cocoa in a mug that makes you feel Little
- Eat off dishes that are colorful and make you feel small.
- Wear a bib, or tuck a cloth napkin into your shirt when you eat.
- Create a salad combination that you enjoy.
- Try putting your lunch in a bento box to make you feel tiny and happy while at work or home.



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TINY HANDS. BIG HEARTS

TO-DO

Social, Emotional, and Mental Health:

- Make a new friend in the little space community and lifestyle.
- Try subscribing to a little space forum or website.
- Call up a trusted friend or family and have a friendly chat.
- Get some sunshine on your face for 20 minutes. (Put on sunscreen!).
- Make a "to do" list each evening, for the next day, so you don't feel stressed and can sleep mentally unburdened.
- Leave a special recorded message, or video message for your Dom or Caregiver
- Have your sub get a special pillow or plushie to hug each time they miss you
- Draw in a special "Color Out Your Feelings" coloring book
- Take a nap to re-center emotions
- Try a new hobby to redirect feelings away from emotional eating

Little Space Oriented Tasks:

- Get into a little space outfit and send a photo to your Dom or Caregiver
- Play with your toys or stuffies for at least 20 minutes uninterrupted
- Listen to music that puts you into little space
- Pick up a Little Space activity book and complete a page as a fun way to regress
- Watch a nostalgic TV program that makes you feel happy inside.
- Ride a bike outside and feel the wind on yourself as you feel small
- Go shopping for a little reward for yourself
- Cut up your meal into bite sized pieces
- Put your favorite drink in a sippy cup or adult feeding bottle
- Draw a pretty picture for your Dom or Caregiver and send a text photo to them
- Wear a onesie or other lifestyle outfit that makes you feel regressed and comfortable

Domestic Service Tasks:

- Clean up your bedroom and make the bed
- Wash any dirty dishes
- Wash, dry and fold laundry
- Vacuum the floors
- Take out trash to the trash can
- Clean bathroom and shower or tub
- Tidy up living space
- Clean out car and organize purse or diaper bag

