

## **Adaptive Activities- Week of April 20, 2020**

### **Activity: Getting Dressed**

**Materials Needed:** clothing items, visuals, patience!

**Learning Target(s):** I can get dressed all by myself.

I can choose my own clothes based on the weather.

I can (put on, button, zip) my (pants, shirt, shoes).

### **Directions/Instruction:**

Getting your child dressed each day can be quite a chore. Allow enough time for the child to be as independent as possible. Use visuals and verbal prompts as much as possible, rather than doing it for them. Allowing them to struggle a little is okay. If they put an article on backwards, it's okay, too! You might ask them if it feels funny and if they want to fix it.

Let your child help choose their clothes for the day based on the weather. Review the steps with them and prompt as needed. Some children need one direction at a time. Some children can review the steps and just need encouragement or praise along the way. Visuals can be helpful to point to.

**Not Ready Yet:** Choose one item for child to put on. Guide them verbally, if possible. Say, "let's put on a short sleeve shirt, because it is sunny and warm outside."

**Need a Challenge:** have a race to see who can get dressed first.

### **Visuals/Examples:**



# Getting Dressed

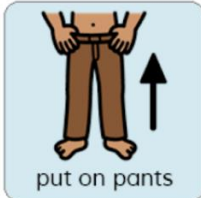


1



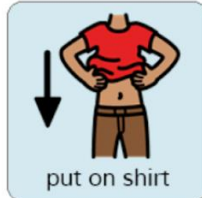
underwear on

2



put on pants

3



put on shirt

4



put on socks

5



put on shoes

## Step by Step Dressing - Girl

- ☐  Pick out clothes
- ☐  Take off pajamas
- ☐  Undressed body
- ☐  Put on panties
- ☐  Put on shirt - tag to back
- ☐  Put on pants - tag to back
- ☐  Put on socks
- ☐  Get shoes
- ☐  Put on Shoes
- ☐ 

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