

Activity: Putting on my shoes

Promote independence. Young children love to show off how big they are by putting their shoes on all by themselves

Materials Needed:

- Sock and shoes

Learning Targets:

- I can be independent by learning and practicing to put on my socks and shoes.

Instructions:

- Put the shoes and socks on the floor in front of child so they face out the way they walk
- Have child sit on the floor and lean against something like a step or couch. This allows that they have **BOTH** hands free to manipulate the items rather than having to use one hand to prop themselves.
- **Introduce the "sock pull up".**
 - gather the top in his hands "like a crunched paper towel"
 - find the big bump for the heel in the foot part of the sock.
 - Face the "bump" down toward the floor while he slides his foot into the sock and pulls it up
- **Demonstrate the "slide and push."**
 - Show children how to hold up the tongue of their shoes or sneakers,
 - wiggle their feet into the shoes,
 - push down to fit their heels securely into them

Not Ready Yet:

- Put happy face stickers on the inside of the left and right shoes. This will help your child to know how to put shoes on the right feet. When the happy faces are smiling at each other, the shoes are on the right feet!
- Keep practicing and modeling and show pictures of how to hold the sock and shoe

Need a Challenge:

- Try different types of shoes or practice tying laces

Visuals:



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