

Dressing Story



Every day I need to get dressed.
Everyone gets dressed,
this is ok.
Getting dressed is a smart
thing to do.

To help us decide what clothes to wear,
we need to look outside at the weather?
What is the weather outside your window today?



We also need to think about what we are doing
that day.
What are you doing today?

Choose your clothes

You need to choose what clothes you would like to

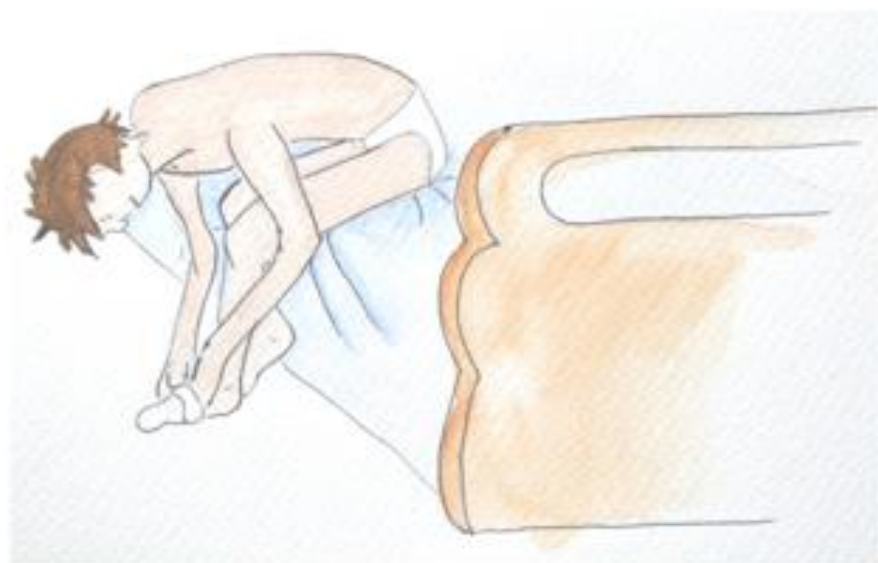
wear and lay them on the bed.

This helps us to see what we have chosen



What clothes have you chosen to wear today?

Underwear



To put on your socks and pants

sit on the floor or sit on the side of the bed.

This will help you to balance.

T-shirt

Place your hands and arms through

the side holes in you T-shirt.

Then pull your T-shirt on over your head

Jumper

Now place your hands
and arms through the
side holes in you jumper.

Then pull your jumper
on over your head



Where is your labels?



Check where the label is on your top,
it should be against the back of your neck.

Trousers

To put on your trousers, sit on the floor or sit on the side of the bed, this will help you to balance.

Check the label of your trousers is at the back



Place one leg in each leg hole,

then stand up and pull up your trousers.

It's important that we look nice before we go outside.

Check yourself in the mirror: are all your clothes neat and all the fastenings done up correctly?

Check your

Buttons

Zips

Belts

Hair

