



**Teaching Self-Care Skills**

**Objective:** To teach students to dress independently

**Setting and Materials:**

**Settings:** Class bathroom

**Materials:** set of oversized clothing

1. T-shirt
2. Pants
3. Jacket
4. Socks

**Content Taught**

**Putting on pants**

1. Reach for pants
2. Grasp top of pants
3. Put one foot in appropriate pants leg
4. With appropriate arm grasp top of pants
5. Put remaining foot in appropriate pants leg
6. Pull pants to knees
7. Stand up
8. Pull pants to waist

**Putting on t-shirt**

1. Reach for shirt
2. Grasp bottom edge of opening
3. Raise t-shirt over head
4. Pull bottom opening over head
5. Grasp sides of neck with both hands
6. Position neck hole on head
7. Pull neck hole over head
8. Hold open armhole with one hand
9. Flex opposite arm
10. Push arm through appropriate armhole
11. Hold open empty armhole with opposite hand
12. Flex appropriate arm
13. Push arm through armhole
14. Grasp tail of shirt
15. Pull shirt to waist

**Putting on jacket**

1. Reach for jacket
2. Grasp top/neck with hand
3. Maintain hold on top
4. Put hand in appropriate sleeve