




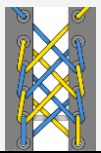



Activities to Develop Pre-Dressing Skills

Physical & Medical Team

Area for development	Activity	Resources
<p>To have fun with dressing practice</p> 	<ul style="list-style-type: none"> • Dress up in Super Hero costumes (Batman, Robin Hood, Wonder Woman, etc.) • Children to select the costume they would like to wear. • Have them find all the parts to their costume in a pile of costumes. • Have the children put on the costume and have fun pretending to be the superhero. 	<p>A selection of super hero costumes.</p>
<p>To have fun with dressing and undressing practice</p> 	<ul style="list-style-type: none"> • The children can use or make costumes to dress up for seasonal occasions • Children to dress up as characters from a book eg: 'Where's Wally?' • Children to add a range of different clothing eg: hats, capes, gloves. 	<p>A variety of themed clothes.</p>
<p>To practice dressing and undressing dolls</p>	<ul style="list-style-type: none"> • Have the children dress and undress a variety of dolls, teddies, etc. • They can undress and dress the doll completely or can practice with just one item of clothing. 	<p>Dolls, Teddies dress a mouse activity box,</p>
<p>Dress up in adult clothing</p> 	<ul style="list-style-type: none"> • It is far easier for children to dress up in adult size clothes as there is much more room for manoeuvre. • Build the activity up over a period of days adding new items each day in the dressing up box. • The children get practice on a limited number of dressing items over a period of a week, building their skills as they go. • On the first day just have items of clothing. • On the next day add shoes. • On the following day add gloves, ties, bow ties, scarves. • Add socks and tights • Add a variety of hats • Add purses and wallets with pretend money. 	<p>Hole punch, thin card, A4 paper, ruler, glue, sticky sweets, lolly sticks, thick card, woollen yarn, sandpaper, construction paper</p>



Musical Dressing 	<ul style="list-style-type: none">• A variation of musical chairs.• The children select clothing from a pile of clothing while the music is playing.• They stop the activity when the music stops.• The winner is the child with the most clothing on when the music stops.	Dress up clothing, Music.
Button Boards and Books	<ul style="list-style-type: none">• Children to practise buttoning and unbuttoning using button boards.• Use a range of different sized button, toggles, press studs and zips.• Children to practise in all positions; sitting, prone on elbows, standing, kneeling, sitting at a table.	Boards and books with button fastening, Eg: Explorer pockets from TTS-online
Wrapping Packages 	<ul style="list-style-type: none">• Children to wrap up packages for various occasions.• Each child to have a 'Work box' to untie, take out their work and retie the box when work is completed.	Packages of different sizes, different thicknesses of wrapping paper, different thicknesses of ribbons, string.
Tying Laces Lacing boards 	<ul style="list-style-type: none">• Practise tying on a stationary shoe box. Tying is closer to the body and is an easier perspective.• Use a 'bow book'• Use a variety of lacing boards available to buy on line from early years suppliers.• Use a paper plate with holes punched around the edge. Children to lace around the edge.• Children to lace 2 plates together with beads or shells inside to make a rhythm shaker.	Lacing Boards, (from TTS online). Paper plates, shoelaces, staples, pictures, bells
Putting on Socks 	<ul style="list-style-type: none">• Matching sock game – children sit in a circle around a pile of different socks.• Children look for a matching pair and try to put them on.• Children then try to be the first to take the socks off.	A number of socks in all sizes, textures and colours. To include adult sized socks

References:

Occupational Therapy Approaches by Jill Jenkinson, Tessa Hyde and Saffia Ahmad
Pre-Dressing Skills by Marsha Dunn Klein

NB: This advice sheet belongs to the Physical and Medical Team, SEN Services. It should not be used or adapted without their express permission.