

Name: _____

Week of 9 October 2023

Practical Life Homework
Care of Self: Putting on shoes

Instructions:

1. Collect a pair of shoes and sit on the floor or on a bench/chair.
2. If you are wearing socks, pull them all the way up so your shoes will fit comfortably.
3. Pick up one shoe and lift the Velcro strap.
4. Using both hands, pull apart the sides of the shoe to make the opening of the shoe larger, and slide your foot into the shoe until your toes are in the front of the shoe and your heel is resting against the back of the shoe.
5. If your shoe has a tongue, pull the tongue all the way out for comfort.
6. Pull the Velcro strap over the top and firmly press it down to close it.
7. Repeat the steps to put the other shoe on your other foot.
8. Stand up, take a few steps, and adjust the Velcro fasteners as needed



If you would like to send in a 3x5 hard copy photo of your child performing this task, we will be happy to post it on our Community at Work bulletin board. Seeing themselves on the board gives our students a greater sense of pride and encourages independence.