

Name: _____

Week of 30 October 2023

Practical Life Homework

Care of Self: Putting on a Jacket

Encourage your child to use the Montessori flip method to put on a jacket independently.

Instructions:

1. Lay your jacket on the floor with the inside of the collar or hood facing up.
2. Stand behind the collar or hood.
2. Crouch down and gently slide your arms through their corresponding sleeves.
3. In one swift motion, stand up, lift and flip the jacket up and over your head.
4. Adjust the collar and sleeves to make sure the jacket fits comfortably.



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 them a greater sense of pride and encourages independence.