

Name: _____

Week of 27 November 2023

Practical Life Homework
Care of Self: Putting on Socks

Instructions:

1. Select a pair of socks and sit on the floor or on a low bench/chair.
2. Pick up one sock.
3. Slip your thumbs inside the sock and pull apart the sides of the sock to make the opening wider.
4. Use the rest of your fingers to scrunch up the sock so that the toe and the opening of the sock are close together.
5. Put one foot inside the sock.
6. Using both hands, pull the sock up past your ankle.
7. Adjust the sock so that the heel and toes are in the right places and the sock fits comfortably on your foot.
8. Repeat these steps to put your other sock on your other foot.



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.