

Name: _____

Week of 13 May 2024

Practical Life Homework

Care of Self: Choosing Clothing

Encourage your child to help you in selecting and laying out clothing for the morning. It is empowering, builds independence and can make for a smoother morning routine:)

Instructions:

1. Establish a time in the evening to prepare your outfit for the morning.
2. Choose from two or more options already presented for you, or help an adult to choose items from your wardrobe.
3. Check the weather forecast so you can make the most appropriate choices.
4. Once you have chosen your outfit, place it neatly where you can easily access it in the morning.
5. Wake up with confidence knowing you have a head start on a great day!



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.