

Name: \_\_\_\_\_

Week of 2 December 2024

**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 chair.
2. Pick up one sock.
3. Slip your thumbs inside the sock and pull the sock apart to make the opening wide.
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. Pull the sock up towards 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 the steps to put the 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.