

Name: _____

Week of 9 December 2024

Practical Life

Care of Self: Putting on Shoes

Instructions:

1. Collect a pair of shoes.
2. Sit on the floor or on a low bench.
3. If you are wearing socks, pull them up so your shoes will fit comfortably.
4. Pick up one shoe.
5. For Velcro shoes, lift the Velcro strap.
6. Hold the side of the shoe with your subdominant hand and the tongue with your dominant hand.
7. Pulling the tongue all the way out, 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.
8. Pull the Velcro strap over the top and firmly press it down to close it.
9. Repeat these steps to put the other shoe on your other foot.
10. 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 them a greater sense of pride and encourages independence.