

Name: _____

Week of 1 December 2025

Practical Life Homework
Care of Self: Putting on Socks

Instructions:

1. Choose a pair of socks.
2. Find a comfortable space to sit, such as a small chair or floor mat, and place the socks in front of you.
3. Pick up one sock and slip your thumbs inside the opening.
4. Stretch the opening of the sock to make it wider.
5. Place one foot inside the opening of the sock.
6. Holding each side of the opening of the sock between your thumb and index fingers, pull the sock up towards your ankle.
7. Now pull the sock all the way up using both hands, little by little
8. Adjust the sock so that the heel and toes are in the right places and the sock fits comfortably on your foot.
9. Repeat the steps to put on the other sock



If you would like to send in a 3 x 5 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.