

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

Week of 2 March 2026

**Practical Life Homework**  
Care of self: Outfit Preparation

For a smoother and more independent morning, include your child/ren in helping to prepare a school outfit the evening before.

**Instructions:**

1. Check the weather with an adult and talk about what clothing would be comfortable and appropriate for the next day's activities.
2. Choose from two or more options already presented for you, or help an adult to choose items from your wardrobe.
3. Select navy blue, white or khaki items of clothing to wear.
4. Choose appropriate undergarments, including socks.
5. Find a spot on a low chair or shelf to place the clothes for easy access in the morning.
6. Consider the weather again to select the most appropriate footwear e.g., sneakers, snow boots, or rain boots.
7. Complete the rest of your evening routine so you can get a good night's sleep for school.
8. 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 board gives them a greater sense of pride and encourages independence.