

Dressing and undressing

*Young children need to be independent and take on the support of others. They need to be aware of personal hygiene as well as being able to dress and undress themselves. You can help them with this by encouraging them to try out things such as tying their own shoelaces and deciding what to wear at the start of their day. Get them to make their own choice based on the weather conditions and what they intend to do during the day. A good book to go with this activity is *The Zoo Shoes* by Lynn Brunelle and Emilie Chollat (Workman Publishing).*



- 1 Look at the weather and decide with your child what they will need to wear. Get them to select the correct clothes e.g. raincoat, t-shirt, sun hat, Wellington boots.
- 2 Help your child when they dress. Gradually do less and less until they are dressing themselves.
- 3 Teach your child how to tie their laces. Afterwards practise with them. Make dressing and undressing into a game.
- 4 Make a dressing up box and give them the chance to try on different types of clothes, some with buttons and others with zips.
- 5 Cut out some different types of clothes from a selection of magazines. Sort them into rainy/sunny/ snowy clothes. You can also use the activity we have designed on the following page.



Please remember to recycle this activity

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If the weather was like this what kind of clothes would you choose to wear?
Draw a line from the top pictures to the correct clothes.



Sunny Day



Cloudy Day



Rainy Day



Snowy Day

