

GETTING DRESSED

♥ I can get dressed all by myself! ♥



Getting dressed helps me feel ready for the day.
I can do it step by step!

1 PICK OUT MY CLOTHES



Choose clean clothes that are comfy.

2 PUT ON UNDERWEAR



Pull up my underwear all the way.

3 PUT ON PANTS



Step in and pull my pants up.

4 PULL UP MY PANTS



Pull my pants up and adjust the waist.

5 PUT ON SHIRT



Put my shirt over my head.

6 PULL DOWN MY SHIRT



Pull my shirt down so it covers my tummy.

7 PUT ON SOCKS



Pull my socks on both feet.

8 PUT ON SHOES



Put my shoes on the right feet.

9 FASTEN OR ZIP MY CLOTHES



Zip, button, or snap my clothes.

10 CHECK MY CLOTHES



Make sure my clothes look neat and comfy.

11 GRAB WHAT I NEED



Take my bag, coat, and anything I need.

12 I'M READY TO GO!



I did it! Great job!

TODAY I'M WEARING:



I am proud of myself!



TIPS TO REMEMBER



Take your time and do your best.



Practice makes me stronger and more independent.



I can ask for help if I need it.



Every step I take is a step toward growing up!