

DRESSING INDEPENDENTLY

♥ TASK ANALYSIS ♥

1 Get your clothes.



2 Find the front of the shirt.



3 Hold the shirt with two hands.



4 Put your head through the neck hole.



5 Put one arm through the sleeve.



6 Put the other arm through the sleeve.



7 Pull the shirt down.



8 Put on your pants.



9 Pull up your pants all the way.



10 Put on your socks.



11 Put on your shoes.



12 You did it! Great job!



♥ Take your time, keep practicing, and celebrate your success! ♥

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