



"I can dress myself!"

Materials you need:

- A basket of child sized clothes and dress ups that have zips, buttons, press studs and other fastenings
- Egg timer or stopwatch



Setup for play:

- Place the basket of clothes in the middle of a room and let everyone choose a piece of clothing to try on and attempt to do up.
- After everyone has practised using different fasteners for awhile turn it into a group game and using the timer ask how many clothes they can put on and do up before 2 minutes is up.

What are they learning with this activity?

As the children work to do up the different fastenings they are learning to:

- Develop a confident self-identity
- Recognise their individual achievements and successes – show pride in their efforts
- Use hand/eye coordination skills and increase their spatial awareness
- Acknowledge and accept affirmation
- Show increasing independence and competence
- Put on and take off their own clothes
- Strengthen fine motor muscles, visual motor integration and control

Extending the play:

- Do the same activity but using dolls and doll clothes – the smaller fastenings will be a bigger challenge for fine motor skills.
- Talk about what clothes they might choose out of the basket on hot, cold, windy or wet days
- Set up a tub of soapy water, dolls clothes and scrubbing brushes for children to wash the clothes. Show them how to squeeze the water out then hang on a drainer or over some rope hanging between 2 chairs or trees