

Occupational Therapy

Activities of Daily Living (ADLs) - Getting dressed

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USE SCISSORS SAFELY

This lesson includes the use of scissors, so please:

- Make sure you are sitting down to do your cutting.
- Make sure an adult is with you while you are cutting.
- Cut away from your body.
- Carefully watch what you are cutting.
- Hold scissors by the handles.
- Don't run while holding scissors.
- Only cut things which an adult has said is okay to cut.

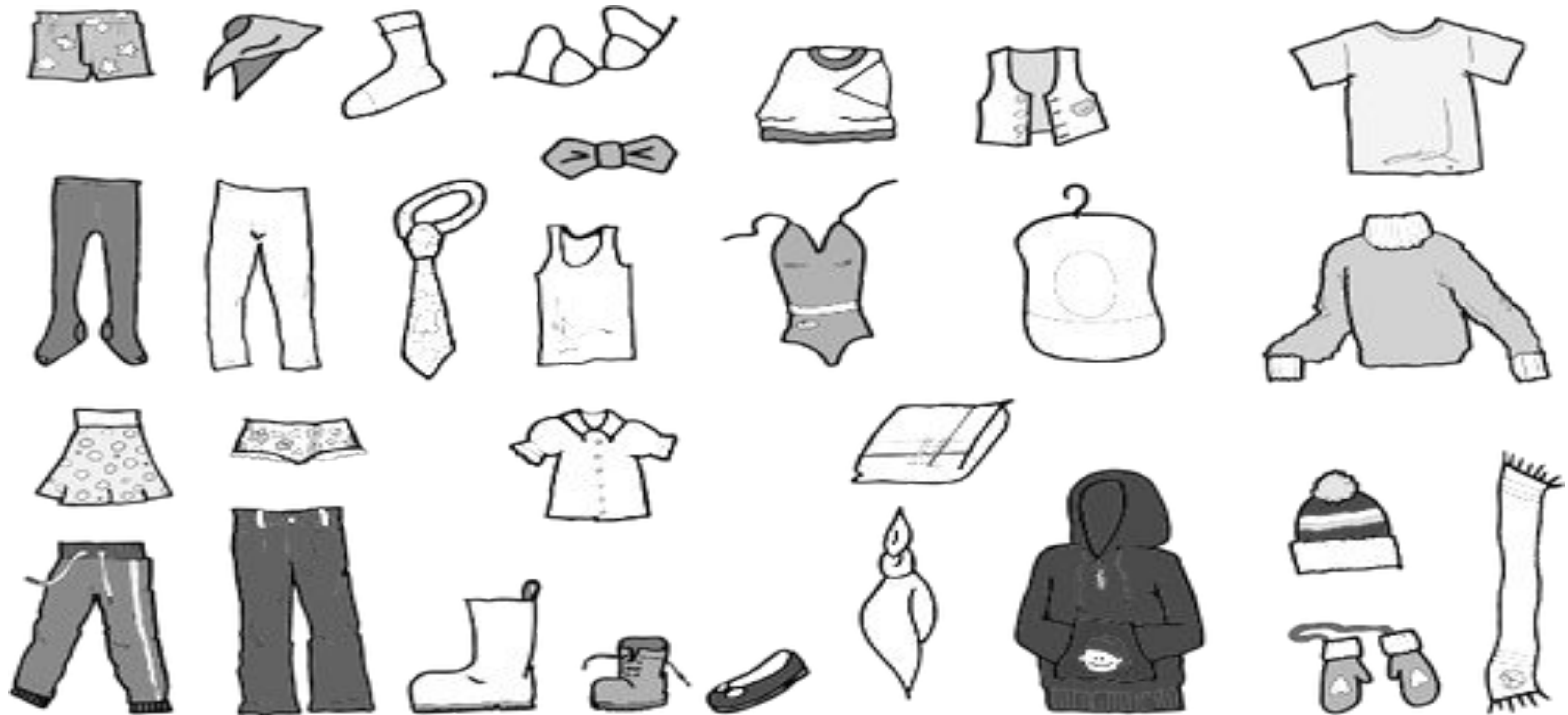


ACTIVITY: WHAT SHALL I WEAR?

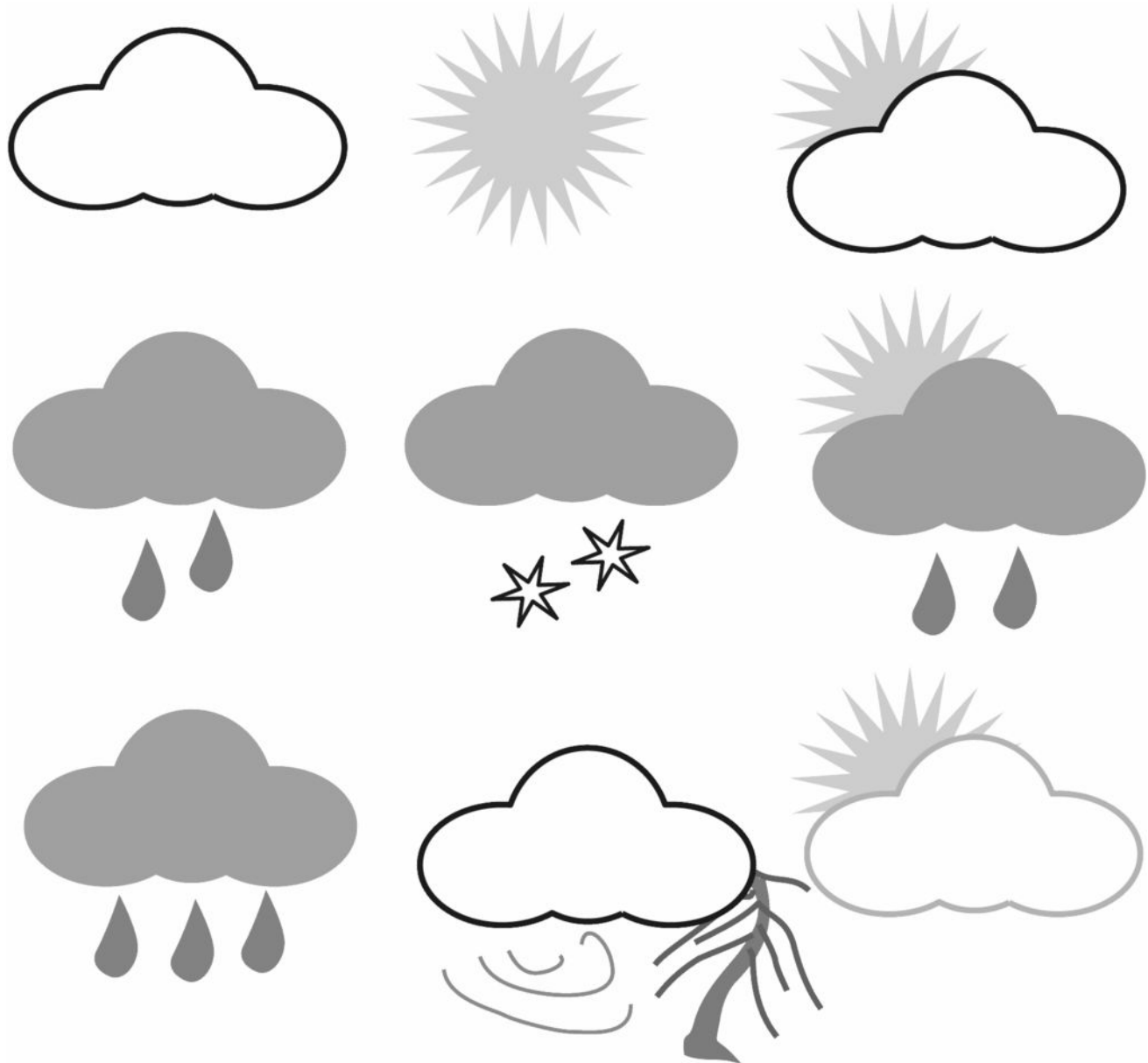
1. Draw and cut out the pictures in the next two slides OR print and cut them out. You can also colour in the pictures.
2. Play a game with an adult and match the clothes to the weather and occasion.
3. Draw pictures of other clothes and accessories and match them.



ACTIVITY: WHAT SHALL I WEAR?



ACTIVITY: WHAT SHALL I WEAR?



To school	To a party
To the beach	For shopping
To bed	For the playground
To the zoo	

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