

Week Beginning Date:

Dressing Tick Sheet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I can hold my underwear the correct way around							
I can feed my feet into the holes of my underwear							
I can pull my underwear up to my knees							
I can pull my under pull my underwear all the way to the top							
I can put on my underwear							
I can pull my sock onto my toes							
I can pull my sock over the arch of my foot							
I can pull my sock over my heel							
I can pull my sock up to the top							
I can position my sock so the heel is at the bottom							
I can put both socks on							
I can position and hold my t-shirt around the right way							

Week Beginning Date:

I can pull my t-shirt over my head							
I can feed my left arm through the correct hole							
I can feed my right arm through the correct hole							
I can pull my t-shirt over my tummy							
I can put my t-shirt on							
I can hold my bottoms (trousers or skirt etc..) the correct way around							
I can feed my feet into the holes of my bottoms							
I can pull my bottoms up to my knees							
I can pull my bottoms up to the top							
I can put my bottoms on							

Please tick whether your child was willing to take part in the activity and then write the appropriate letters to symbolise their participation within the task.

Key

- FS** = Full Supported
- PP** = Physical Prompt Needed
- VP** = Verbal Prompt Needed
- I** = Independent

Example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I can...	✓ PP	✓ PP	✓ PP	✓ PP	✓ VP	✓ VP	✓ VP