

Week Beginning Date:

Undressing Tick Sheet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I can remove my shoes							
I can take off my socks							
I can pull my t-shirt over my body							
I can pull my t-shirt over my head							
I can take my arms out of my t-shirt							
I can remove my t-shirt							
I can pull my bottoms (trousers or skirt) down to my knees							
I can pull my bottoms down to my ankles							
I can remove my feet from my bottoms							
I can remove my bottoms							
I can pull my underwear down to my knees							
I can pull my underwear down to my ankles							

Week Beginning Date:

I can remove my feet from my underwear							
I can remove my underwear							
I can get undressed							

*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