



## Weather Dress Up

Choose a weather forecast (i.e., raining, sunny, snowing, etc.) and play dress up by encouraging children to put on appropriate clothing for the weather. Or dress up dolls and stuffed animals.

Prompt children to pull up/down clothing, button/zip fasteners, and put on/take off items as independently as possible. Support children to be independent by only starting or ending the task, as appropriate. For example, start by fastening the zipper and let them finish pulling it up.

**More Support:** For younger children, narrate their use of self-help skills as they explore and problem-solve while getting dressed. Celebrate and acknowledge children's efforts!

### Narrate Using Self Help Skills

"You put that mitten on because you remembered that it's cold when it snows! You want to keep your hands warm."