

# When I get dressed, among other things I develop...



Dressing time should not be seen as a waste of time or a chore. On the contrary, it can lead to many learning opportunities.

## Physical and motor



- My gross motor skills: putting on my pants, my coat, my boots requires a lot of coordination and balance while offering a variety of sensory stimuli for children of all ages.
- Fine motor skills: zipping my coat, putting on my gloves, trying to put on my hat, attaching or detaching velcro, buttons, snaps or zippers.

## Cognitive



- My ability to anticipate and remember the sequences in which I need to put on or take off my clothes in order to dress appropriately.
- My problem solving: when my coat sleeve is inside out, my second mitten is missing, my tuque has a knot, my zipper is stuck... I find creative and positive ways to find solutions, with the support of my educator.

## Language



- The formulation of sentences, when I have to ask for help when I need it or when we take this opportunity all together to talk, find rhymes, play with words and share experiences.
- My exposure to writing by reading the pictograms indicating the order of the clothing items I have to put on.

## Social and emotional



- My functional autonomy: by learning or participating in dressing and undressing myself, I contribute to taking care of myself, which makes me feel competent and increases my self-esteem by giving me a positive self-image.
- My collaboration with the adult, as we work as a team so I can learn how to put on a clothing item.