

## ICanDRESSMyself Activity Guide

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### Introduction

Say goodbye to those flat dressing boards! Learning dressing skills will never be the same! The ICanDRESSMyself is the only Vest you will ever need for teaching the fine motor manipulatives of dressing. The double sided vest (one side for boys and one side for girls) allows for all skill levels and since it is worn on the body, it gives the correct perceptual orientation for practice. Using appealing layers of textured fabric, the Vest provides repetitive skill training with zipping, snapping, buttoning, buckling, lacing, tying and more! Perfect for group sharing activities or individual work the I CanDRESSMyself vest is a must needed tool for classroom, home or clinic use.



### Product Use

Slide the Vest over the child's head and unbuckle one or both of the side buckles as needed to get the Vest positioned properly around the body. Retighten the side buckles once the Vest is in place. Have the child work with each layer of the Vest, practicing different fine motor skills at each level. Here are some variations on practicing with the Vest:

Remember that children learn to unfasten first, so start with the vest fully closed and let the child practice with unzipping, unbuttoning etc.

Place a small sticker or other prize at the bottom layer of the Vest as an incentive to work the manipulatives to the end.

Use in a small group setting to have each child practice one layer of dressing skills.

For group fun and variation, have several Vests and place the children in a small circle. Have each child work the Vest on the back of the child in front of him/her.

Have one child or group open the Vest or unfasten, while the next child or group will fasten to close the Vest back up.

### Modifications

Learning to practice dressing skills on the body provides the proper spatial orientation, but the Vest can also be laid flat on a table or lap for training.

## Care & Safety

The Vest fits most children ages 4-12. Measures approximately 20”L x 12”W (51cm x 31cm). Made of cotton fabrics so machine wash and tumble dry low or hang dry. Although the Vest is well sewn, it does contain small parts so may be considered a choking hazard. Recommended for ages 4 and up.

## Recommended Products

If you like the ICanDRESSMyself Vest, check out these other great Abilitations Products:

- **Button Tree:** 1013106
- **DragonFLY:** 1379998
- **Fasten-Ator:** 1016599
- **Octavious the Octopus:** 1012590
- **“Pocket” Book of Skills:** 1425575



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