



(Guidance for the following resource)

It's a time trial challenge!

1. We are going to try and make dressing and undressing a bit more fun by playing a game
2. This is a speed game but should only be tried once your child has got a little used to dressing and undressing easily
3. There are instructions on the sheet, but just to be 100% clear
4. You will time child:
 - Getting undressed out of one set of clothes – maybe school clothes
 - Then dressed into a new set of clothes – maybe a PE/games kit
 - Then undressed again, and then back in to the first set of clothes – so back into the clothes they started with
5. The date and time will be recorded on the back of the sheet, and you can then encourage your child to 'beat their personal best'
6. Are there older children in the household/nursery that could act as an example?
7. If there are, then ask them to help you show the little ones how it's done!
8. You can also use our story, 'I'm a bit more grown up now' to help you with this
9. And, if you have any questions please contact us on:
info@dogduckandcat.co.uk



It's a time trial challenge!

This game is to encourage your child to learn to get changed quickly and easily from one outfit into another and then back into the original outfit again.

- Lay out a set of clothes, preferably a school PE kit or something just like it
- Help to explain the sequence that they need to undress and dress
- Your child needs to change from the outfit they are wearing (their school uniform or outdoor clothes) into a set of clothes laid out (ideally a school PE kit or something just like it) and then back into their original outfit again
- The pictures below show you exactly what to do
- Practice makes perfect! The more times you play the game, the better your child will get. Now...

...READY-STEADY-GO!



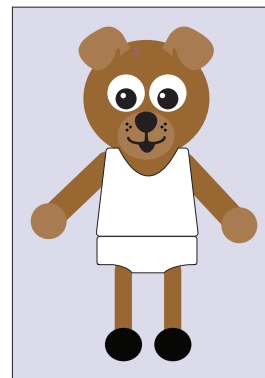
STEP 1 - Original outfit (school uniform or outdoor clothes)



STEP 2 - Get undressed (keep your vest and pants on)



STEP 3 - Get dressed into laid out clothes (school PE kit or something like it)



STEP 4 - Get undressed again (keep your vest and pants on)



STEP 5 - Get dressed into original outfit again!

How long did this challenge take?

Record the time below to see your child's progress!

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