

## Getting Dressed (male)

1. Take off pyjamas.
2. Put on underpants.
3. Put on trousers.
4. Fasten button/ pull up zip.
5. Put on shirt/ T-Shirt.
6. Put on socks.
7. Put on shoes

## Getting Dressed (female)

1. Take off pyjamas.
2. Put on underpants.
3. Put on bra.
4. Put on trousers/ skirt.
5. Fasten button/ pull up zip.
6. Put on socks/ tights.
7. Put on shoes.