

Dressing Activity Sheet

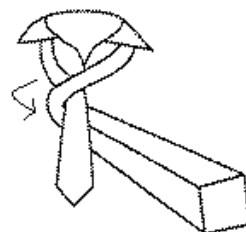
Child's name: _____

How to tie a tie

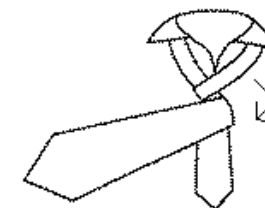
These activities have been put together to practice and improve dressing skills. They should ideally be practiced about three times a week for about 10 - 15 minutes.



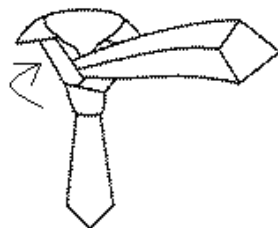
1. Place the tie around your neck with the fat end lower than the thin end.



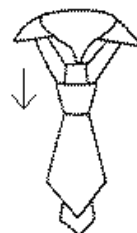
2. Wrap the fat end over and under the thin end.



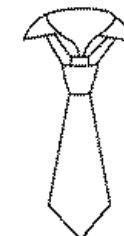
3. Wrap the fat end over the thin end again.



4. Pull the fat end through the loop at the top.



5. Pull the fat end down through loop in front.



6. Push the knot up and pull on the thin end to tighten.

Tying the tie this way, allows you to loosen it enough to pull off over your head and then put back over your head and tighten, without having to tie and untie the knot.