

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Dressing skills

Dressing skills are an essential element of supporting children's independence, self-care and physical development. Check out our activity idea for a fun way to practice dressing up in different types of clothes with a range of fastenings.

Learning aims

- Support physical development
- Develop and practice new vocabulary
- Share personal experiences of getting dressed and clothes
- Cooperate and work together
- Develop independence.



Resources

- A basket or container and a range of dressing up clothes (try to choose ones with a range of different fastenings)
- Different fastenings, e.g. buttons, zips, toggles, Velcro, poppers, buckles, clasps, hook and eyes, fabric ties, etc. (where possible still attached to a section of material so children can see how they work in practice)
- Enough space to move about to try on clothes and explore the fastenings.

Activity outline

- Introduce your basket of clothes and your range of fastenings. Discuss why clothes have different fastenings (to help clothes fit and to stay on our bodies)
- Invite children to look at the clothes they are wearing and identify any fastenings that they have (including their footwear)
- Introduce names for the individual fastenings and ask children to show you how they work, e.g. zips go from the bottom to the top and from the top to the bottom (up and down). Listen to the sound the zip makes. Encourage children to try the zip fastening for themselves, moving it up and down
- Explore each fastening, matching them where possible to fastenings children have identified on their own clothes. Discuss how the fastening works, encouraging children to have a go

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- Look at your basket of clothes: which fastenings can children see? Encourage children to practice taking on and off the various dressing up clothes to see how many different fastenings they can control (be available to support children as needed).

Extension ideas

- Store your range of fastenings in a container/basket so the children can continue to practice how to use the different fastenings.

NDNA products to support you with this activity

- [Physical Activity in the Early Years](#) - online course