

ACTIVITY NAME: Deciding what clothes to wear tomorrow.

EDUCATIONAL AREA OF REFERENCE: Autonomy at home – getting dressed.

OBJECTIVES: Autonomous decisions about clothes to wear.

NUMBER OF PARTICIPANTS:

1 professional / caregiver + 3 people with Down Syndrome

TIME NEEDED: 3 hours

DESCRIPTION:

1/ We find out what schedule we have tomorrow (school/work, regular activities, special occasions, etc.)

2/ Check the weather forecast - accordingly we will agree what clothes would be appropriate

3/ We choose the following appropriate clothing from our wardrobe. An alternative is to give to each person a draw of a man/woman without clothes and put on the table images of the different clothes to select.

3.A/ Underwear (women's panties / men's pants, socks, bra, tank top)

3.B/ Trousers / skirts + tights

3.C/ T-shirt

3.D/ Sweater/sweatshirt

3.E/ Coat / anorak / raincoat, scarf, gloves, cap

3.F/ Footwear: boots, shoes, sandals, etc.

3.G/ Umbrella.

4/ Check colour combinations.