Pack a Backpack Step by Step

Pre-K-Grade 2 | Practical life | Sequencing | Color

Learner: _____ Date: _____

Practice with an empty backpack and safe, lightweight items. Point to, act out, number, or follow the six steps. A helper may hold the bag or guide each motion.

1 **PLACE BAG FLAT**

2 **OPEN MAIN ZIPPER**

3 **ADD LIGHT FOLDER**

4 **ADD EMPTY POUCH**

5 **CHECK BOTH STRAPS**

6 **CLOSE THE ZIPPER**

Grown-up check: Suggested order shown. Use only lightweight, safe items. A grown-up checks the final weight. Learners may look, point, use eye-gaze, direct a helper, or practice while seated.

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