Push a Chair In Step by Step

Pre-K-Grade 2 | Practical life | Sequencing | Ink-Saver B&W

Learner: _____ Date: _____

Practice with a light, stable chair and a clear floor. Point to, act out, number, or follow the six steps. A helper may guide or move the chair.

1 **CHECK THE PATH IS CLEAR**

2 **STAND OR SIT BESIDE CHAIR**

3 **PLACE HANDS ON THE BACK**

4 **PUSH SLOWLY TOWARD TABLE**

5 **STOP BEFORE CHAIR TOUCHES**

6 **CHECK WALKWAY IS OPEN**

Grown-up check: Suggested order shown. Use only a light, stable chair on a clear floor. Learners may point, use eye-gaze, direct a helper, or practice while seated.

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