Push a Chair In Step by Step

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

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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