Put On a Sock Step by Step

Pre-K-Grade 2 | Dressing | Sequencing | Color

Learner: _____ Date: _____

Use a loose comfortable sock. Point to, number, or practice the steps. Stop if bending, pulling, or touch is uncomfortable. A helper may assist.

1 **FIND THE OPENING**

2 **HOLD IT WIDE**

3 **TOES GO IN**

4 **PULL OVER HEEL**

5 **SMOOTH GENTLY**

6 **CHECK COMFORT**

Grown-up check: Suggested order: find opening; hold wide; toes in; pull over heel; smooth; check comfort. Adapt position, use a sock aid, or direct a helper.

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