

LESSON 2

Putting on Socks

Getting Ready

1. Read through the lesson before working with the learner.
2. Organize the materials you will need for the lesson:
 - A pair of socks (with distinctly marked heels)
 - Instructor's Chart
 - Learner's Chart
 - Pencil and crayons for marking charts
 - Reward badge
3. Arrange a work space that will best suit lesson activities.
4. Begin working with the learner.

Directions

Begin with the sock beside the learner's right foot. Sit on the right side of the learner while teaching him to put the sock on his right foot. If the learner is left handed, begin with the left foot and substitute "left" for "right" in the lesson.

Note: Until the learner can put on both socks on his own, teach Lesson 2 each day.

Instructor's Dialogue

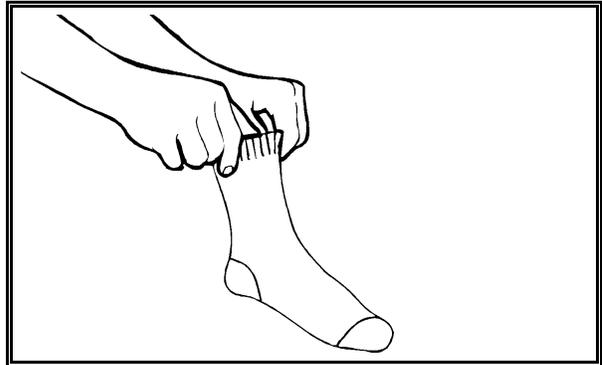
Step A (Show)

I: I will help you learn to put on the sock. Look here.

I:(Point to the sock.)

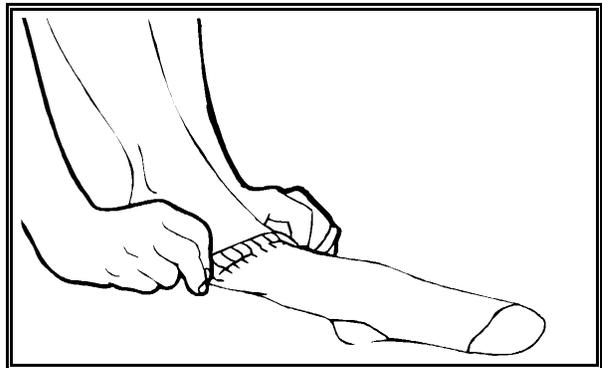
First, I hold the sock like this with the heel on the bottom.

(Hold the sock with the heel on the bottom. Put your thumbs on the inside and your fingers on the outside of the sock.)



I: Then I pull the sock over your toes.

(Pull the sock over the learner's toes.)

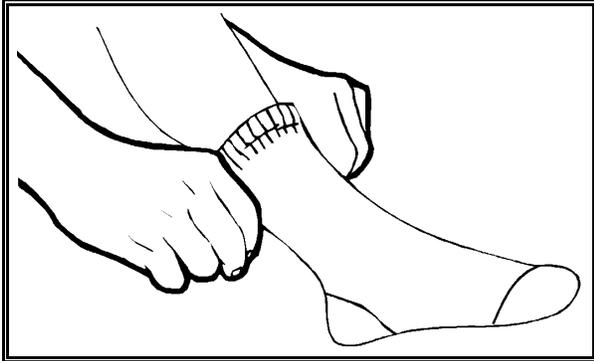


I: Next I pull the sock over your heel.

(Pull the sock over the learner's heel.)



I: Now I pull the sock above your ankle.
 (Pull the sock above the learner's ankle.)



I: There! The sock is on.
 Now you take off the sock.

L: (Takes off the sock.)

I: Great! You took off the sock by yourself.
 (Proceed to Step B.)

Step B (Help)

I: (Begin with the sock beside the learner's right foot.)

Let's try putting on the sock together.

First, we hold the sock like this with the heel on the bottom.

(Help the learner hold the sock with the heel on the bottom. Put his thumbs on the inside and his fingers on the outside of the sock.)



L: (Holds the sock with the instructor's help.)

I: Good holding the sock!

I: Now we pull the sock over your toes.
 (Help the learner pull the sock over his toes.)



L: (Pulls the sock over his toes with the instructor's help.)

I: That's the way to pull the sock over your toes!

Now we pull the sock over your heel.

(Help the learner pull the sock over his heel.)

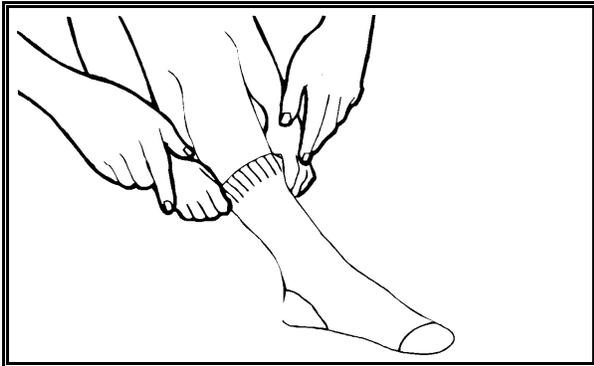


L: (Pulls the sock over his heel with the instructor's help.)

I: Nice job pulling the sock over your heel!

I: Now we pull the sock above your ankle.

(Help the learner pull the sock above his ankle.)



L: (Finishes putting on the sock with the instructor's help.)

I: We did it! We put on the sock.

Now you take off the sock.

L: (Takes off the sock.)

I: Good job! You took off the sock by yourself.

Reducing Help: Repeat Step B reducing the amount of assistance by using the Help, Touch, Point, and Tell Steps method (used in Lesson 1). When the learner correctly responds to Tell Steps, proceed to Step C.

Note: If the learner is having trouble putting on one of his own socks, try using an oversized pair of socks first. When he can successfully put on the larger socks, repeat the lesson having him put on his own socks.

Step C (Tell)

I:(Begin with the sock beside the learner's right foot.)

This time put on the sock by yourself. Ready. Do it.

L:(Holds the sock, pulls the sock over his toes, over his heel, and above his ankle.)

I:You did it! You put on the sock by yourself.

Correction Procedure: If the learner has difficulty, return to Step B (Help).

(If the learner successfully puts the sock on his right foot three times in a row by himself, repeat Lesson 2 having him put the sock on his left foot. The instructor will sit on the left side of the learner for this lesson.)

(The learner has completed the lesson when he can successfully put on both socks without help or demonstration. Mark the Instructor's Chart and give the learner a reward badge.)



Correcting Common Problems

Placement of the Heel on a Sock: Periodically put your sock on with the heel out of place. Use a sock with a definitely marked heel. Ask the learner if he can find any mistakes. Praise him when he does. Tell him you'll be checking to see if he makes any mistakes. If he hasn't made a mistake when you check, give him plenty of praise.

Correctly Matching Socks: Periodically put on two different colored socks. Ask the learner if he can find any mistakes. Praise him if he does. Tell him you'll be checking to see if he makes any mistakes. If he hasn't made a mistake when you check, give him plenty of praise.

Summary

With the completion of this unit, the learner has acquired the skills of putting on and taking off socks. To ensure that he continues to use these skills, provide him with plenty of practice. Continue to praise him for putting on and taking off socks when he dresses and undresses. Encourage him to demonstrate his new skills to other adults or members of his family. This will not only provide practice but it will also be an excellent source of reinforcement.

Should the learner "lose" or forget his skills (putting on or taking off socks), reteach the lesson(s) and provide more practice.