

What do we wear?

Learning opportunities

- * Understanding and practising the manipulation of different fasteners
- * Dressing and undressing independently

Links to the Early Learning Goals

- * Physical development – Health and self-care

Equipment and resources

Lots of items of clothing for dressing up, with a variety of fasteners.

Activity

This activity is suitable for a large or small group of children, but ensure that you have enough clothing items for each child to have a choice. Show the children all the different fasteners and discuss what they are called. Look for zips, buttons, velcro, laces, buckles, press studs, hooks and eyes. Help the children to manipulate the various fasteners.

Extension

Mime the actions of getting up in the morning, washing, dressing, getting ready to leave the home. Encourage the children to help each other into the dressing up clothes, doing up the fasteners, etc.

Discussion

Ask children how they decide which way to put their clothes on, how they tell the fronts from the backs and how they find the right shoe for each foot.

