

# LESSON 1

## Taking off Shoes

### 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 shoes
  - 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 right shoe on the learner's right foot. Sit on the right side of the learner while teaching him to take off the right shoe. If the learner is left handed, begin with the left foot and substitute "left" for "right" in the lesson.

**Note:** Until the learner can take off both shoes on his own, teach Lesson 1 each day.

### Instructor's Dialogue

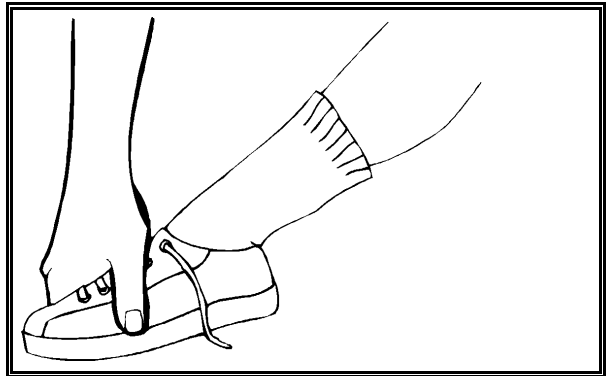
#### Step A (Show)

**I: I will help you learn to take off the shoe. Look here.**

(Point to the shoe on the learner's right foot.)

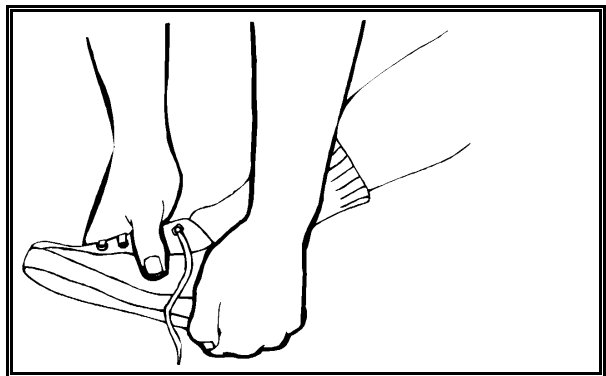
**First, I hold the top of the shoe with this hand.**

(Hold the learner's right shoe by placing your right hand on top of the shoe. Your thumb should be placed pointing down near the instep of the shoe. Your fingers should be placed pointing down over the outside edge of the shoe near the little toe.)



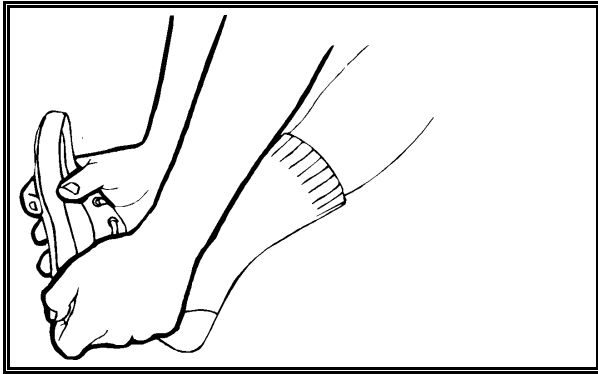
**I: Then I hold the back of the shoe with this hand.**

(Put your left hand around the back of the shoe. Your thumb should be placed on the inside edge of the shoe and your fingers should be placed on the outside edge of the shoe.)



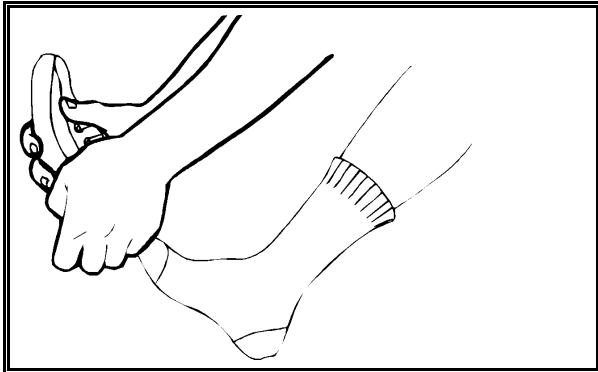
**I: Next I pull down on the back of the shoe with this hand until the shoe comes off your heel.**

(Pull down on the back of the shoe with the left hand until it comes off the learner's heel.)



**I: Now I push the shoe toward your toes and off your foot.**

(Push the shoe toward the learner's toes and off his foot.)



**I: There! The shoe is off.**

(Proceed to Step B.)

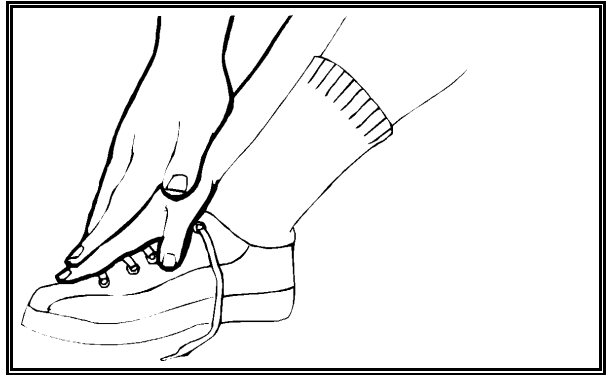
**Step B (Help)**

**I: (Begin with the right shoe on the learner's right foot.)**

**Let's try taking off the shoe together.**

**I:First, we hold the top of the shoe with this hand.**

(Help the learner hold the shoe by placing his right hand on top of the shoe with his thumb pointing down over the instep of the shoe and his fingers pointing down over the outside edge of the shoe.)

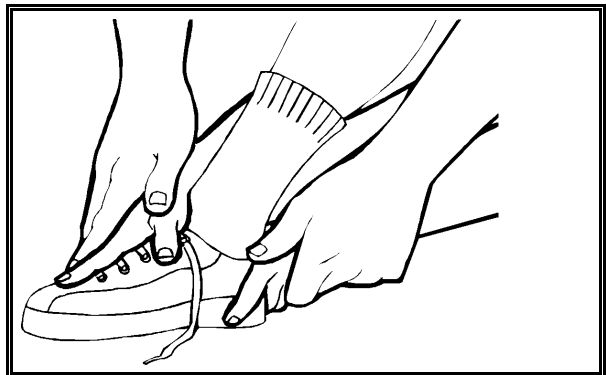


**L:(Holds the top of the shoe with the instructor's help.)**

**I:Good job holding the top of the shoe!**

**Now we hold the back of the shoe with this hand.**

(Help the learner hold the back of the shoe by placing his left hand around the back of the shoe with his thumb on the inside edge of the shoe and his fingers on the outside edge of the shoe.)



**L:(Holds the back of the shoe with the instructor's help.)**

**I:That's the way to hold the back of the shoe!**

**I:** Next we pull down on the back of the shoe with this hand until the shoe comes off your heel.

(Help the learner pull down on the back of the shoe with his left hand until the shoe comes off his heel.)

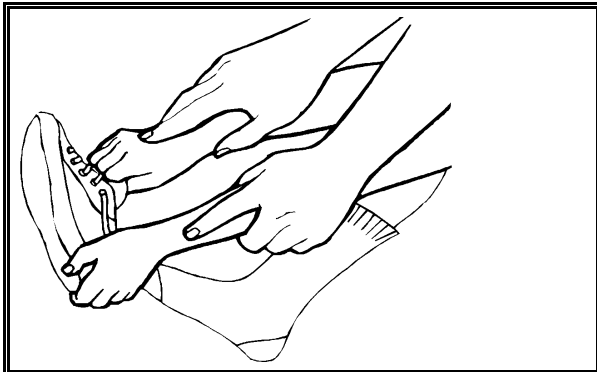


**L:** (Pulls down on the back of the shoe with his left hand until the shoe comes off his heel with the instructor's help.)

**I:** Good pulling down on the back of the shoe!

Now we push the shoe toward your toes and off your foot.

(Help the learner push the shoe toward his toes and off his foot.)



**L:** (Finishes taking off the shoe with the instructor's help.)

**I:** We did it! We took off the shoe.

(Repeat Step B until the learner correctly completes each part of the step with your help. When he does, proceed to Step C.)

**Note:** If the learner is having trouble taking off his own shoe, try using an oversized pair of shoes first. When he can successfully take off the larger shoes, repeat the lesson having him take off his own shoes.

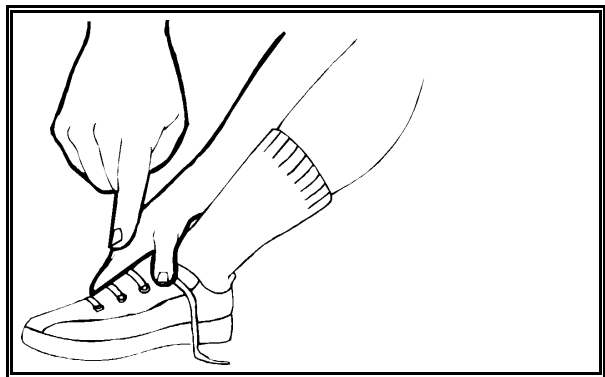
### Step C (Touch)

**I:**(Begin with the right shoe on the learner's right foot.)

Let's try taking off the shoe again.

First, hold the top of the shoe with this hand.

(Touch the learner's hand that will hold the top of the shoe.)

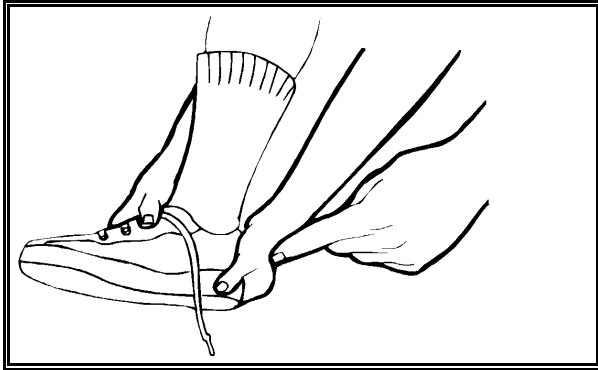


**L:**(Holds the top of the shoe when his right hand is touched.)

**I:**Nice job holding the top of the shoe!

**I: Now hold the back of the shoe with this hand.**

(Touch the learner's hand that will hold the back of the shoe.)

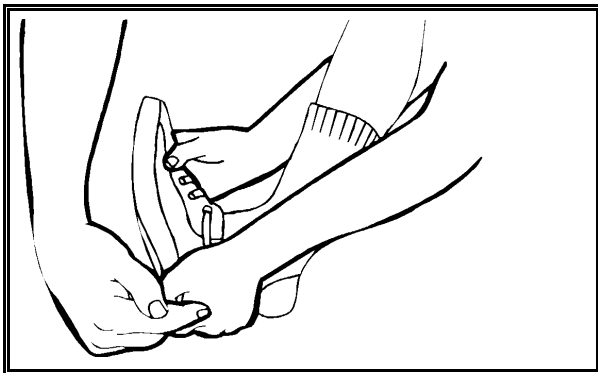


**L:** (Holds the back of the shoe when his left hand is touched.)

**I: Excellent! You're good at holding the back of the shoe.**

**Next pull down on the back of the shoe with this hand until the shoe comes off your heel.**

(Touch the learner's hand that will pull down on the back of the shoe.)

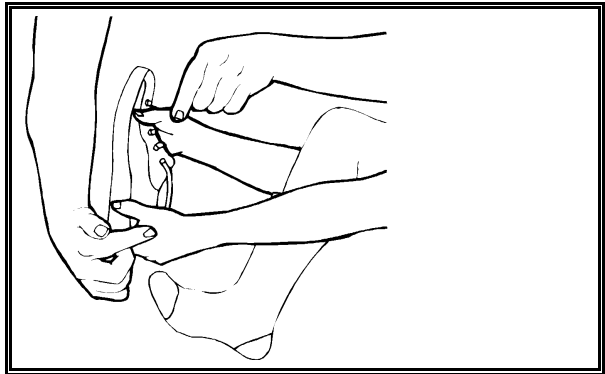


**L:** (Pulls down on the back of the shoe until it comes off his heel when his hand is touched.)

**I: Good pulling down on the back of the shoe!**

**I: Now push the shoe toward your toes and off your foot.**

(Touch the learner's hands.)



**L:** (Finishes taking off the shoe when his hands are touched.)

**I: Great! You took off the shoe.**

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

(Repeat Step C until the learner correctly completes each part of the step when his hands are touched. When he does, proceed to Step D.)

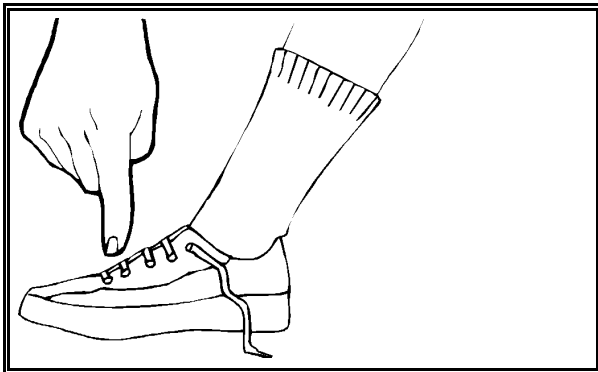
**Step D (Point)**

**I:** (Begin with the right shoe on the learner's right foot.)

**Let's take off the shoe again.**

**First, hold the top of the shoe.**

(Point to the top of the shoe.)

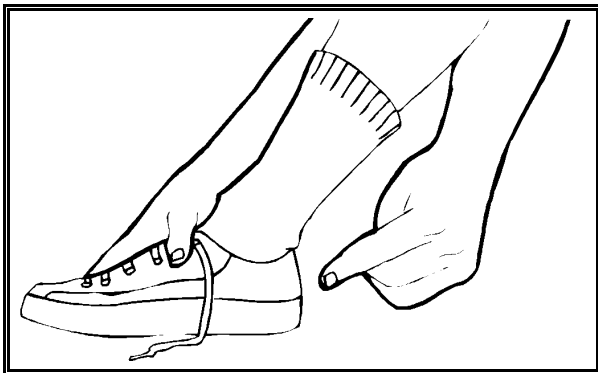


**L:** (Holds the top of the shoe when the instructor points to it.)

**I:** **Good job holding the top of the shoe!**

**Now hold the back of the shoe.**

(Point to the back of the shoe.)

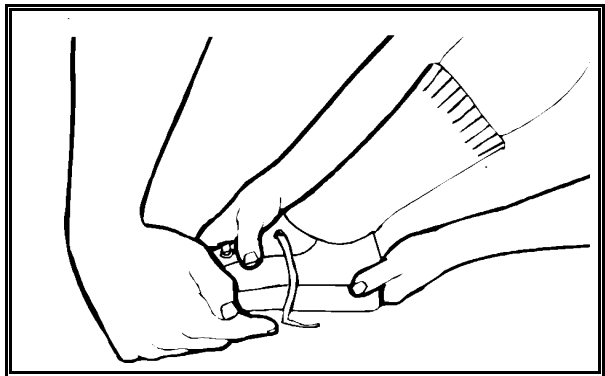


**L:** (Holds the back of the shoe when the instructor points to it.)

**I:** **That's the way to hold the back of the shoe!**

**I:**Next pull down on the back of the shoe until it comes off your heel.

(Point to the learner's heel.)

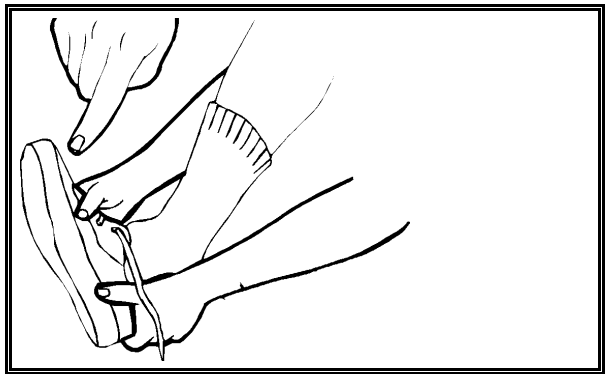


**L:**(Pulls down on the back of the shoe until it comes off his heel when the instructor points.)

**I:**Good pulling down on the back of the shoe!

**Now push the shoe toward your toes and off your foot.**

(Point to the learner's toes.)



**L:**(Finishes taking off the shoe when the instructor points to his toes.)

**I:**You did it! You took off the shoe.

**Correction Procedure:** If the learner has difficulty, return to Step C (Touch).

(Repeat Step D until the learner correctly completes each part of the step when you point. When he does, proceed to Step E.)

**Correction Procedure:** If the learner has difficulty, return to Step E (Tell Steps).

right foot.)

**Take off the shoe again.**

**First, hold the top of the shoe.**

L: (Holds the top of the shoe.)

I: **Nice job holding the top of the shoe!**

**Now hold the back of the shoe.**

L: (Holds the back of the shoe.)

I: **You're good at holding the back of the shoe!**

**Next pull down on the back of the shoe until it comes off your heel.**

L: (Pulls the shoe off his heel.)

I: **Good pulling down on the back of the shoe!**

**Now push the shoe toward your toes and off your foot.**

L: (Finishes taking off the shoe.)

I: **Great! You took off the shoe.**

**Correction Procedure:** If the learner has difficulty, return to Step D (Point).

(Repeat Step E until the learner correctly completes each part of the step when told. When he does, proceed to Step F.)

## Step F (Tell)

I: (Begin with the right shoe on the learner's right foot.)

**This time take off the shoe by yourself. Ready. Do it.**

L: (Holds the top and back of the shoe, pulls down on the back of the shoe until it comes off his heel, pushes the shoe toward his toes, and off his foot.)

I: **You did it! You took off the shoe by yourself.**

(If the learner successfully takes the right shoe off his right foot three times in a row by himself, repeat Lesson 1 having him take the left shoe off his left foot. The instructor will sit on the left side of the learner for this lesson and use opposite hands to hold the shoe.)

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

