

LESSON 1

Taking off 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
 - 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 on the learner's right foot. Sit on the right side of the learner while teaching him to take off the sock from 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 take off both socks on his own, teach Lesson 1 each day.

Instructor's Dialogue

Step A (Show)

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

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

I: First, I hold the sock by putting my thumbs

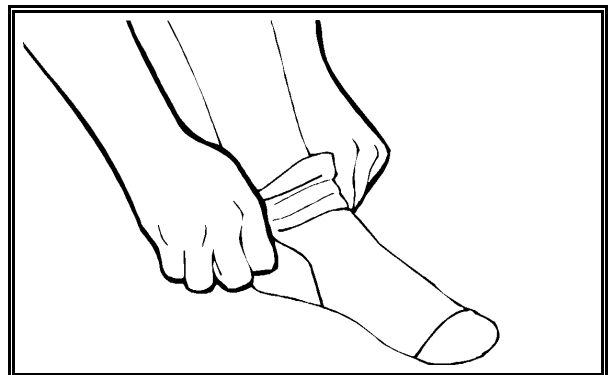
inside the sock like this.

(Hold the sock with your thumbs on the inside and your fingers on the outside.)



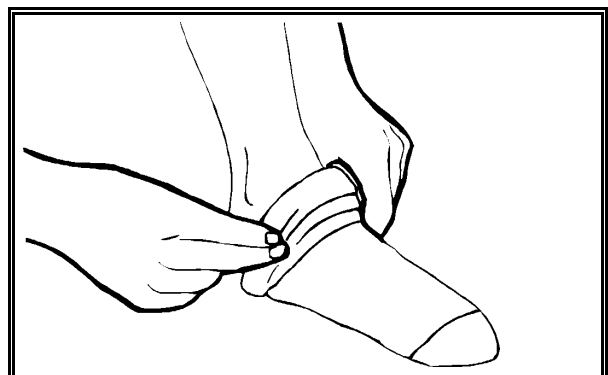
I: Then I push the sock down to your ankle.

(Push the sock down to the learner's ankle.)



I: Next I push the sock over your heel.

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



I: Now I push the sock over your toes and off your foot.

(Push the sock over the learner's toes and off his foot.)



I: There! The sock is off.

(Proceed to Step B.)

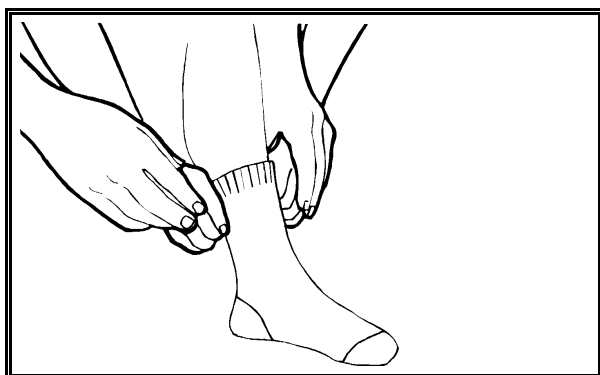
Step B (Help)

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

Let's try taking off the sock together.

First, we hold the sock by putting your thumbs inside the sock.

(Help the learner hold the sock by placing his thumbs on the inside and his fingers on the outside.)

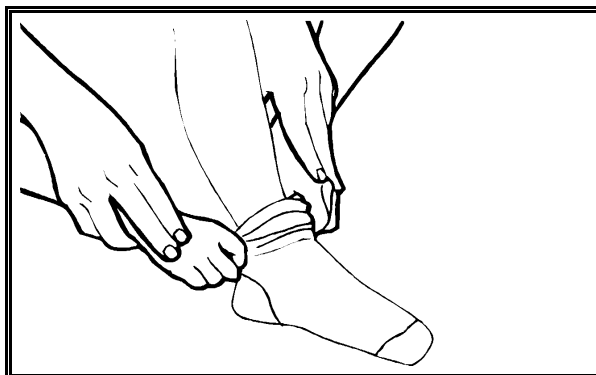


L: (Holds the sock with the instructor's help.)

I: Good job holding the sock!

I: Now we push the sock down to your ankle.

(Help the learner push the sock down to his ankle.)



L: (Pushes the sock down to his ankle with the instructor's help.)

I: That's the way to push the sock down!

Next we push the sock over your heel.

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



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

I: Good pushing the sock over your heel!

I: Now we push the sock over your toes and off your foot.

(Help the learner push the sock over his toes and off his foot.)



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

I: We did it! We took off the sock.

(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 socks, try using an over-sized pair of socks first. When he can successfully take off the larger socks, repeat the lesson having him take off his own socks.

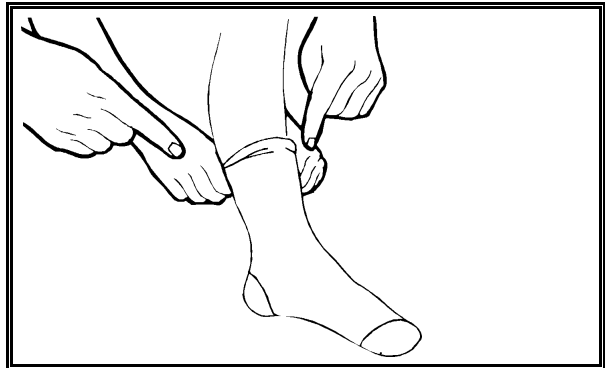
Step C (Touch)

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

Let's try taking off the sock again.

First, hold the sock by putting your thumbs inside the sock.

(Touch the learner's hands.)

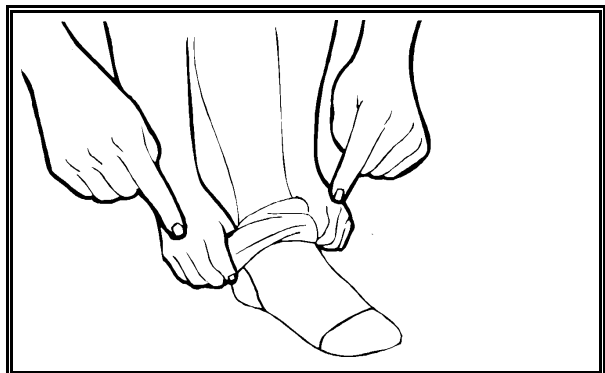


L:(Holds the sock when his hands are touched.)

I:Nice job holding the sock!

Now push the sock down to your ankle.

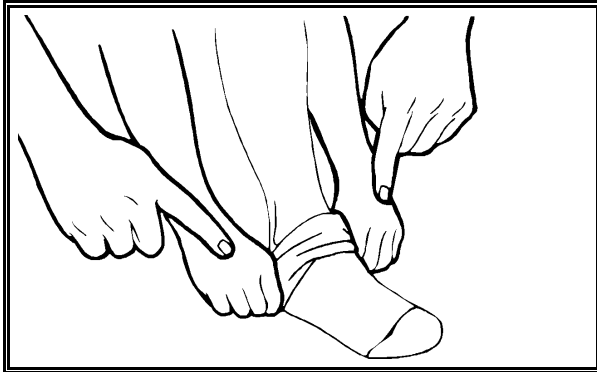
(Touch the learner's hands.)



L:(Pushes the sock down to his ankle when his hands are touched.)

I:Excellent! You're good at pushing the sock down.

I: Next push the sock over your heel.
(Touch the learner's hands.)



L: (Pushes the sock over his heel when his hands are touched.)

I: Good pushing the sock over your heel!
Now push the sock over your toes and off your foot.
(Touch the learner's hands.)



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

I: Great! You took off the sock.

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.)

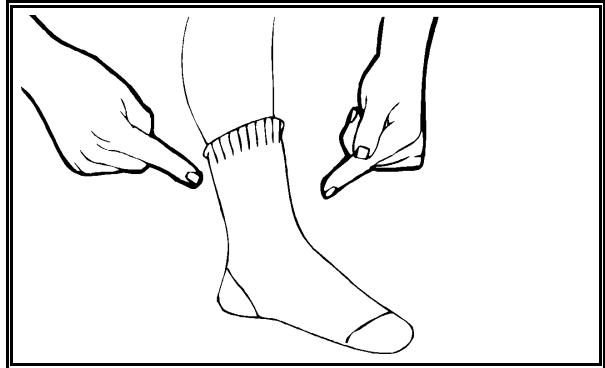
Step D (Point)

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

Let's take off the sock again.

First, hold the sock.

(Point to the sock.)



L:(Holds the sock when the instructor points to it.)

I:Good job holding the sock!

Now push the sock down to your ankle.

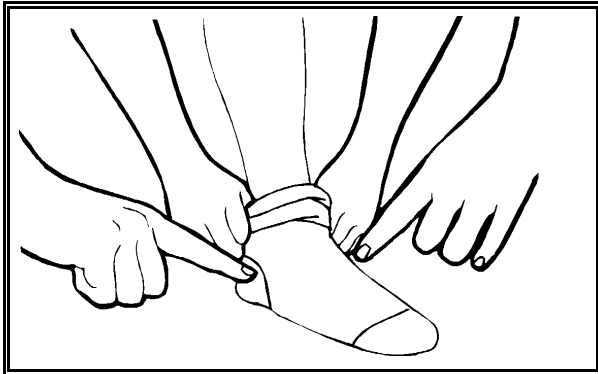
(Point to the learner's ankle.)



L:(Pushes the sock down to his ankle when the instructor points.)

I:That's the way to push the sock down!

I: Next push the sock over your heel.
(Point to the learner's heel.)



L: (Pushes the sock over his heel when the instructor points.)

I: Good pushing the sock over your heel!
Now push the sock over your toes and off your foot.
(Point to the learner's toes.)



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

I: You did it! You took off the sock.

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.)

Step E (Tell Steps)

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

Take off the sock again.

First, hold the sock.

L:(Holds the sock.)

I:Nice job holding the sock!

Now push the sock down to your ankle.

L:(Pushes the sock down to his ankle.)

I:You're good at pushing the sock down!

Next push the sock over your heel.

L:(Pushes the sock over his heel.)

I:Good pushing the sock over your heel!

Now push the sock over your toes and off your foot.

L:(Finishes taking off the sock.)

I:Great! You took off the sock.

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 sock on the learner's right foot.)

This time take off the sock by yourself. Ready. Do it.

L:(Holds the sock, pushes it down to his ankle, over his heel, over his toes, and off his foot.)

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

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

(If the learner successfully takes the sock off his right foot three times in a row by himself, repeat Lesson 1 having him take the sock off 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 take off both socks without help or demonstration. Mark the Instructor's Chart and give the learner a reward badge.)

