

LESSON 2

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

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

Instructor's Dialogue

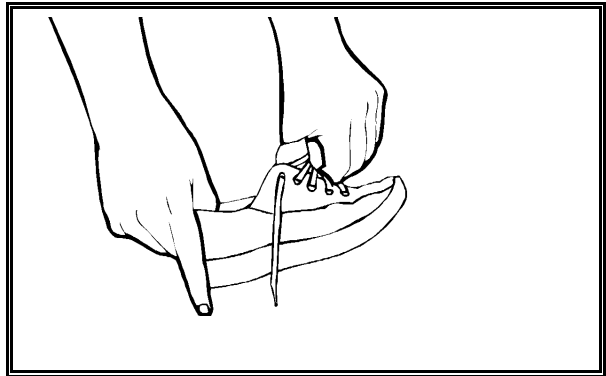
Step A (Show)

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

(Point to the shoe.)

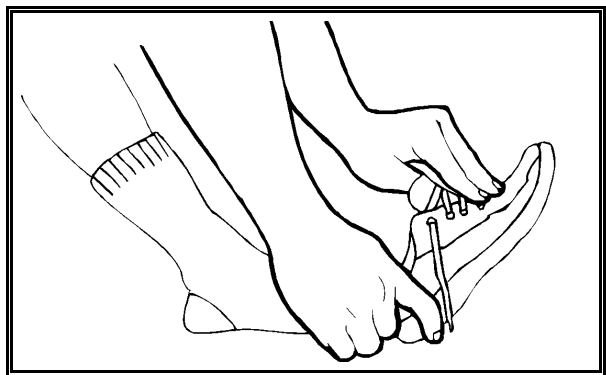
I: First, I hold the shoe with both hands like this.

(Hold the shoe tongue or top of the shoe between the thumb and index finger of your right hand and the back of the shoe between the thumb and index finger your left hand.)



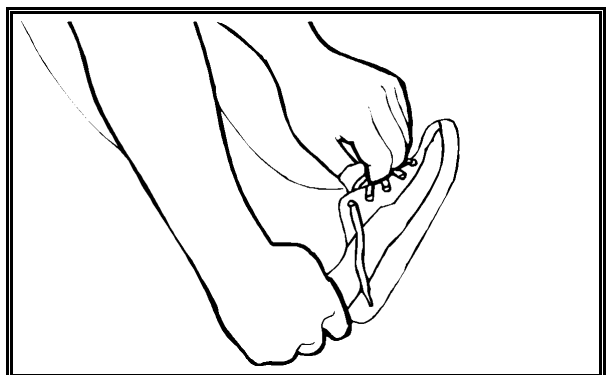
I: Then I put the shoe in front of your foot.

(Put the shoe in front of the learner's right foot.)



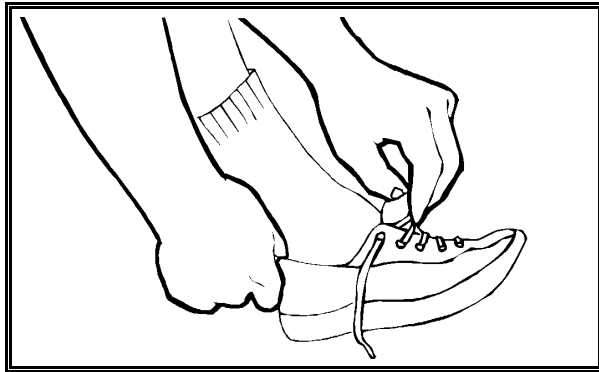
I: Next I put your toes inside the shoe.

(Put the learner's toes inside the shoe.)



I: Now I push your heel into the shoe by holding the top of the shoe tightly and pulling up on the back of the shoe.

(Push the learner's heel into the shoe by holding the top of the shoe tightly and pulling up on the back of the shoe until the shoe is on.)



I: There! The shoe is on.

Now you take off the shoe.

L: (Takes off the shoe.)

I: Great! You took off the shoe by yourself.

(Proceed to Step B.)

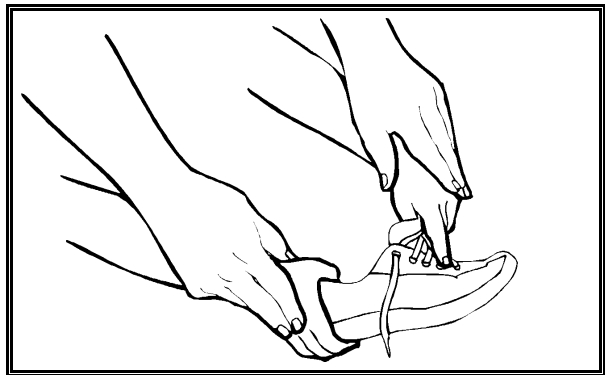
Step B (Help)

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

Let's try putting on the shoe together.

First, we hold the shoe with both hands.

(Help the learner hold the shoe tongue or top of the shoe between the thumb and index finger of his right hand and the back of the shoe between the thumb and index finger his left hand.)

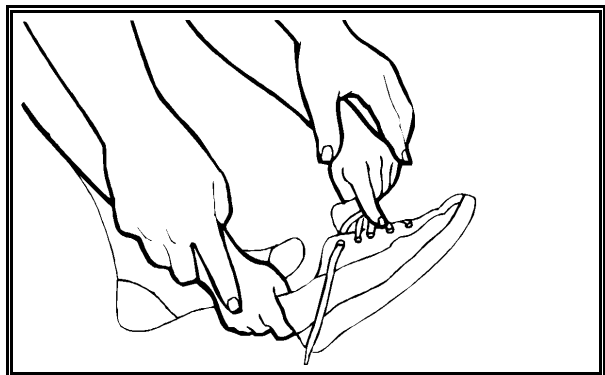


L:(Holds the shoe with the instructor's help.)

I:Good holding the shoe!

Now we put the shoe in front of your foot.

(Help the learner put the shoe in front of his right foot.)

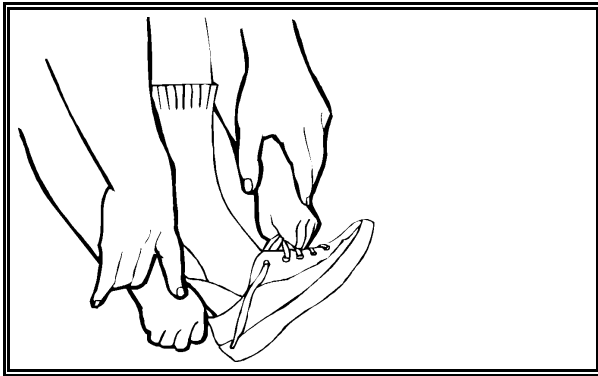


L:(Puts the shoe in front of his right foot with the instructor's help.)

I:That's the way to put the shoe in front of your foot!

I: Next we put your toes inside the shoe.

(Help the learner put his toes inside the shoe.)

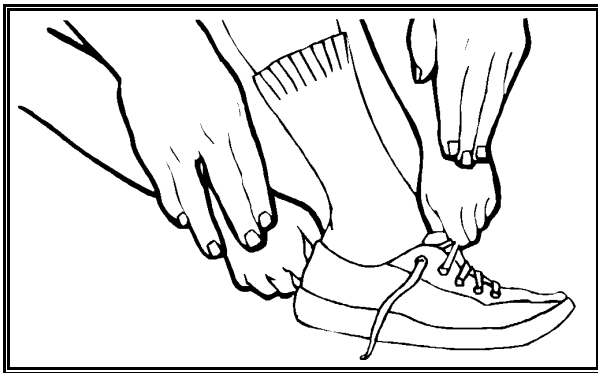


L: (Puts his toes inside the shoe with the instructor's help.)

I: Nice job putting your toes inside the shoe!

Now we push your heel into the shoe by holding the top of the shoe tightly and pulling up on the back of the shoe.

(Help the learner push his heel into the shoe by holding the top of the shoe tightly and pulling up on the back of the shoe until the shoe is on.)



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

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

I: Now you take off the shoe.

L: (Takes off the shoe.)

I: Good job! You took off the shoe 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 his own shoes, try using an over-sized pair of shoes first. When he can successfully put on the larger shoes, repeat the lesson having him put on his own shoes.

Step C (Tell)

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

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

L:(Holds the shoe tongue or top of the shoe and the back of the shoe, puts the shoe in front of his right foot, puts his toes inside the shoe, and pushes his heel into the shoe until the shoe is on.)

I:Great! You put on the shoe by yourself.

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

(If the learner successfully puts the right shoe on his right foot three times in a row by himself, repeat Lesson 2 having him put the left shoe on 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 put on both shoes without help or demonstration. Mark the Instructor's Chart and give the learner a reward badge.)



Correcting Common Problems

Placing the Shoe on the Correct Foot: If the learner is having difficulty placing the shoe on the correct foot, try these suggestions:

1. Mark the inside of each heel (right side of the left heel and left side of the right heel) and instruct the learner to make the colors touch. You might say "Make the red touch the red."
2. Call the learner's attention to the different shapes of the right and left shoes. Have him practice discriminating between the two; for example, say "Point to the left shoe." Immediately praise him when he is correct.

Summary

With the completion of this unit, the learner has acquired the skills of putting on and taking off shoes. 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 shoes 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 shoes), reteach the lesson(s) and provide more practice.