

# Dress Up Activity Card

Playing dressing up as different people or favourite characters will give your child a reason to want to practice pulling clothes on and off.



## WHAT DO I NEED

1. A variety of different clothes (these don't need to be brought, they could include a variety of old hats, shoes that Mum or Dad don't wear any more)
2. Spare pieces of material that can be used in a selection of ways.
3. Old tea towels or cut up sheets.
4. A box to put the dress up resources in so your child can go back to play on their own or with a sibling
5. Try to provide a selection of different fastenings within the garments.
6. Imagination!

## METHOD

1. Look through photo albums, books or magazines at different clothes and uniforms
2. Spend time with your child showing them and supporting them if they are having difficulties with any fastenings
3. Take photos of costumes to talk about them at a later date
4. Allow your little ones imagination run wild as they create different outfits, provide you with a fashion show - and may even need you to be their model!