

LIGHTS, CAMERA, LEARNING!

Video Modeling Program

HAND WASHING

Turn on the water



Wet your hands



Get some soap



Rub and wash for 20 seconds



Rinse your hands



Dry your hands



Turn off the water



GROOMING

Turn on the water



Wet the wash cloth



Ring out the cloth



Open the cloth



Wipe your face and behind your ears



Dry your face/ears



Cut off the water



Pick up the comb and comb hair down in each direction

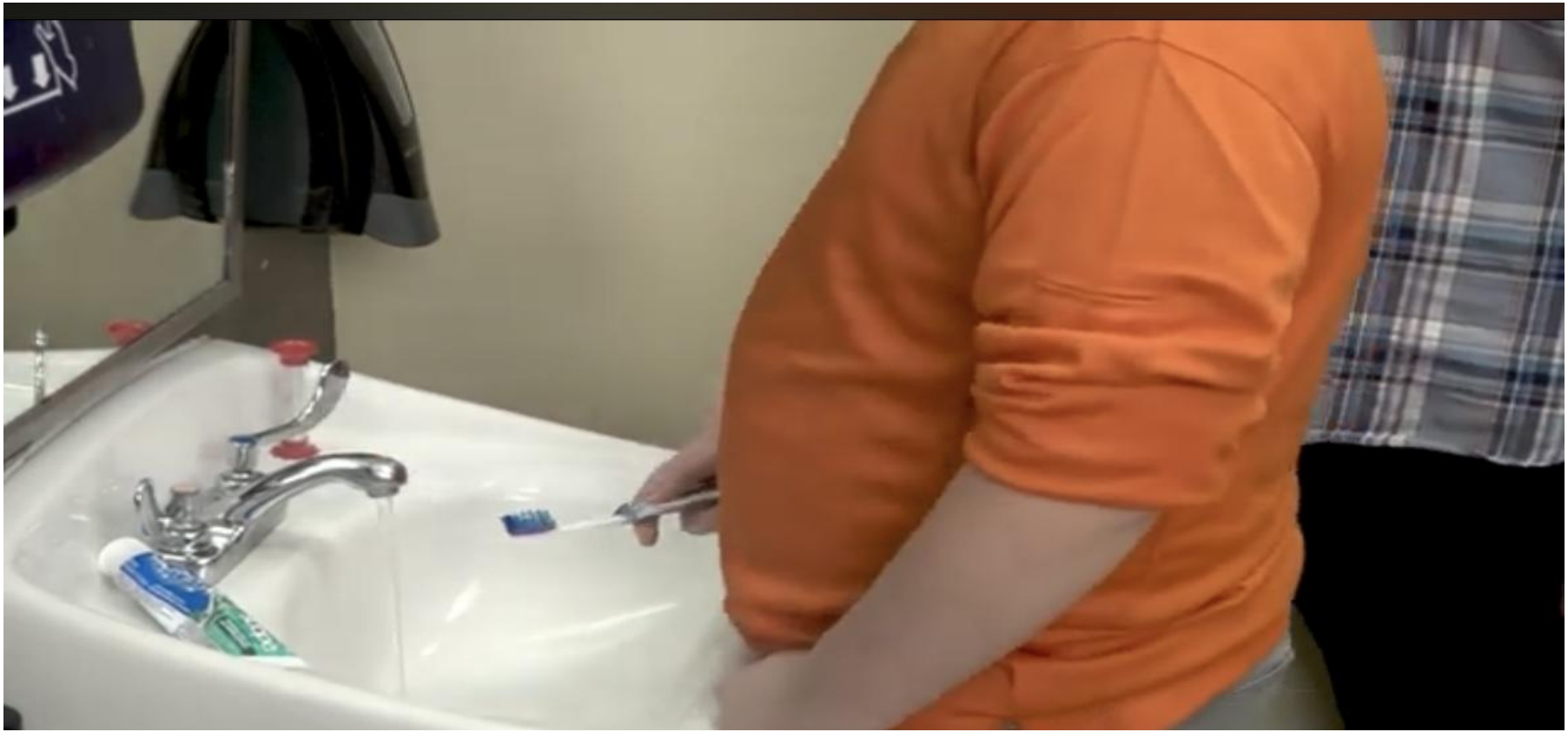


ORAL HYGIENE

Use timer if needed



Wet toothbrush



Open toothpaste, place a pea sized amount on brush



Brush top for 60 seconds and the bottom for 60 seconds



Rinse with toothbrush or small cup



TOILETING

Back up to the toilet , make sure you feel on the back of legs



Pull pants and underwear down



Poop and Pee until the urge is gone



Wrap tissue around your hand



Wipe from front to back



Pull pants and underwear up



Flush



LOWER BODY DRESSING

Underwear and Pants

Find Tag, Place on belly



Place the right leg in



Place the left leg in



Stand and pull up pants



Find the tag on the pants



Place the right leg in



Place the left leg in



Pull up pants



UPPER BODY DRESSING

Find the tag in shirt



Face the tag towards the bed



Find arm holes



Place the head in the larger hole



Find the tag of the sweater/sweatshirt



Find the arm holes



Put head in the larger hole



LOWER BODY DRESSING

Socks and Shoes

Place the right sock on. Pull until big toe touches the tip



Place the left sock on. Pull until big toe touches the tip



Line up shoes in front of feet



Place right shoe on



Use finger to guide shoe on



Place left shoe on



SHOE TYING

Line up shoes



Print of grid if needed



Place shoes on



Tie shoes - bunny ear method



