

Skills for Independence

Self Care

Appearance 4

Objective:

Given a variety of clothes, the student will select appropriate and matched clothes.

Instructional Activities:

It is easier to teach appropriate clothes for a specific job in relation with the particular job skills than in isolation. For example, clothes that are appropriate for working in the yard would be inappropriate for working in an office.

1. When you are teaching a particular job skill, introduce the appropriate clothes. Present pictures of people actually doing the work and discuss how they are dressed. When the student is learning the skills, reward the student for dressing appropriately.

Explain that different clothes are worn on different occasions. Discuss how you would dress:

- a. At a party.
- b. At the beach.
- c. To go shopping
- d. To do housework.

Look at pictures of different people and discuss where the people might be going based on how the people in the pictures are dressed. Let the student put the pictures in piles based on where the people might be going.

2. Explain that clothes should be matched according to color and pattern. Using clothing catalogs, point out how the clothes are matched. Stay away from extremes and fads.
 - a. Point out basic rules of fashion:
 - Don't mix stripes and plaids.
 - Match prints with solids.
 - b. Discuss basic colors that compliment each other:
 - Brown and yellow.
 - Green and yellow.
 - Blue and white.

Present a variety of clothes and assist the student in selecting clothes to create a matched outfit.

Assessment Tasks:

The assessment tasks are the same for all three activities. They differ only in the situation described. The student should be observed on three different occasions.

Give the student a variety of clothes. Tell the student to select clothes that match for the following occasions:

- a. A party.
- b. To work in an office.
- c. To work in the yard.