

SELF CARE SKILLS



Self care skills can improve confidence and self-esteem. Students will continue to work on these skills in kindergarten.

- Putting their coat on and taking it off
- Able to fix clothing that is inside out
 - Can zip, button, and snap
 - Put shoes on and take them off
- Practice learning how to tie their shoes
- Place clothing and other items where they belong
- Wash and dry hands in a timely manner after eating/playing/coughing
- Clean their face and wipe their own nose
- Say their full name (first, middle, and last), address, and phone number

