


2-3 Physical Development

Activity Instructions - Let's Play Dress Up



The activities in this pack are really easy to prepare and can be enjoyed in the comfort of your own home using everyday household resources. The activities include instructions and a list of the things you'll need. Once you have the necessary items, these activities can easily be repeated, modified or extended to offer more tailored support for your child as they develop.

Milestones This Supports:



I can put on
and take off my coat and
shoes or boots.

I can try to be
more independent when I'm
getting dressed or undressed.

More Ways to Play

- If you have specific dressing up clothes, show your child how to put these on and then let them have a try themselves. Of course, you can still offer support but it's good for your child to have a try too. Dressing up clothes can be good but tricky to put on as they sometimes have different fastenings etc than everyday clothes.
- Experiment with role play inspired by your child's interests. Perhaps they love fairies - can they dress as a fairy, even without a specific fairy costume? Using your imagination and the clothes your child already has can be wonderful for creative play and for helping your child learn to dress themselves.
- Let your child take the lead! Many children naturally throw some wonderfully eccentric outfits together and, with your support, can start to make up their own stories and role-play scenarios.
- Encourage your child to help you dress your child's toys or dolls up too.
- Teach your child playful 'tricks' to get clothing on or off, such as the upside-down coat method.



You will need:

- clothes and accessories for the role-play scenario you want to play



Going to the Shops

- hat
- coat/jacket
- bag
- shoes

Beach Day

- sunhat
- sunglasses
- flip-flops or beach shoes
- big bag
- shorts or swimming clothes, if you like



Snowstorm

- woolly hat
- woolly scarf
- wellies or boots
- coat

Going to Work

- shoes or boots
- bag (maybe one of yours!)
- notepad and pen
- toy phone (or something that they pretend is a phone)

Picnic at the Park

- picnic basket or bag
- boots, wellies or shoes
- cardigan or jumper

Disclaimer: Welcome to Twinkl Tots. We hope you find the information on our course and resources useful. This course is provided for informational and educational purposes only. As all children are different and develop at their own pace, your child might show development at different times or in different ways. Our aim is simply to give you general guidance and the information may not apply to your specific situation. If you have any concerns about your child's development, please speak to your health visitor or GP.



If you don't have dressing up costumes, don't worry - there are lots of ways you can encourage your child to dress up for role play scenarios without them. Try these ideas to get you started:

1. Going to the Shops

Encourage your child to help you collect the items you need for going to the shops. It doesn't matter if they choose a sunhat and a winter coat; remember, it's about being imaginative and that all-important independence when getting dressed! Pretend to go to the shops together - perhaps you could even go to a 'clothes shop' and try on some clothes!



2. Beach Day

This is good to encourage your child to experiment with different items such as sunglasses and flip-flops. The milestone is 'I try to be more independent' so they just need to have a go.

3. Snowstorm

Using wellies and hats as part of your play can be good as your child might be more confident in their ability to put them on and take them off independently. This, along with lots of praise from you, gives them a good confidence boost.

4. Going to Work

Children often love pretending to go to work; especially if they see adults they love doing it. If you have a 'grown-up' bag they can use for this game, even better!

5. Picnic at the Park

This can be nice to encourage your child to think about weather and clothing. Ask them, 'What's the weather like at the park today?' and let them dictate what you should wear accordingly (it doesn't have to mirror the weather outside!). Use play food to have a pretend picnic or have an actual picnic meal at home or out and about.

Remember, part of the skill your child is working on is knowing how to undress themselves too. So, if your child is taking their coat on and off during your play session, this is good for them!

