

Getting Dressed

A free printable social story for ages 3-7

Getting dressed involves sequencing, fine motor skills, and tolerance for tricky textures, which can make mornings stressful. This story turns the routine into predictable steps a child can follow and eventually own. It supports independence goals that often appear in preschool IEPs and occupational therapy plans.

Every morning, I get dressed for my day.

Getting dressed means taking off pajamas and putting on day clothes.

First, I put on my underwear.

Next, I put on my shirt. My head goes through the big hole first.

Then I put on my pants, one leg at a time.

Socks come next, and then shoes.

Some clothes feel tricky, like buttons, zippers, and tags.

If something is hard, I can try again or ask for help.

If a tag feels itchy, I can tell my grown-up, and we can fix it together.

I can pick clothes that feel comfortable on my body.

Getting dressed takes practice, and I get faster every week.

When I am dressed, I am ready to play and learn.

I can do many parts of getting dressed all by myself.

Tips for Reading This Story Together

- Lay clothes out the night before in the order they go on, top to bottom, so the sequence is visible.
- Build in more time than you think you need; rushing turns a skill-building moment into a battle.
- For sensory-sensitive kids, buy tagless clothes and seamless socks, and let comfort win over cuteness.
- Use backward chaining: you do every step except the last one, then hand over one more step each week.

[Read this story online](#) · [More free social stories](#)

Personalize this story with your child's name for free at nameinabook.com — built by the nonprofit Opportunity Hack.