Taking off Socks

Objective
Teach student to take off his socks.

Supplies
Socks

Teaching Steps
Step 1: Teach the student to pull the sock off of his toes.
Step 2: Teach the student to push the socks over the heel and off his toes.
Step 3: Teach the student to push the sock down the ankle, over the heel and off his toes.

Next Steps
Teach the student each step in the list of Sample Skills to Teach.

Generalization
• Have the student take off socks with different people.
• Have the student take off a variety of socks.
• Ask the student to remove his socks before bathtime.

Exercise
1. Teach this lesson using a backward chain.
2. Seat the student on the floor and stand behind him.
3. Place each sock just over the student’s toes (i.e., last step: pull the sock off the toes).
4. Give the instruction, “Take off your socks,” and immediately prompt by guiding the student’s hand to pull each sock off the toes.
5. When the student responds correctly, provide verbal praise (e.g., “Great taking off your socks!”), and offer a reward such as a toy, snack, or token.
6. Once the student can pull the sock off of the toes, place the socks just over the heel and give the instruction, “Take off your socks.”
7. Immediately prompt by guiding the student to push the sock over his heel and off his toes.
8. When the student responds correctly, provide verbal praise (e.g., “Great taking off your socks!”), and offer a reward such as a toy, snack, or token.
9. Once the student can push the sock over his heel and off his toes, place the sock on his foot correctly and give the instruction, “Take off your sock,” and guide the student to push the sock down the ankle, over the heel, and off his toes. When the student responds correctly, provide verbal praise (e.g., “Great taking off your socks!”), and offer a reward such as a toy, snack, or token.
10. Gradually remove all prompts until the student is able to respond independently (i.e., without your help).
11. Provide more/better rewards when the student responds correctly with less guidance, and the best rewards when the student responds correctly without guidance.

Error Correction
Physically guide the student to complete only the step that was done incorrectly while saying, “This is taking off your socks.”

Other Prompting Procedures
Use a forward chain with whole-chain prompting. Teach the student the first step first (i.e., pull the sock down the ankle), and prompt the student through the remaining steps. Add additional steps in a forward fashion until the student can complete all the steps independently.
Taking off Socks (Continued)

Troubleshooting

Problem: The student resists prompts to remove the sock.

Solution: Make a fun reward for sock removal such as tickles on the feet. Use gestural prompts to avoid physical guidance.

Helpful Hints

• Run this lesson at times when sock removal leads to a fun activity such as bath time or going in the pool.
• Use extra large socks initially to make it easier to remove them.
• Teach the student to place his socks in the hamper after he removes them.

Sample Skills to Teach

1. Remove both socks
2. Remove socks when asked from a standing position
3. Remove socks after removing shoes
4. Remove socks when asked from any place in the house

Sample IEP

Goal:
The student will remove his/her socks by pushing them down the ankle, over the heels and off the toes.

Short Term Objectives:
1. When instructed to remove socks covering the toes only, the student will pull the socks off the toes for _____# opportunities at _____% accuracy, across _____# consecutive sessions.
2. When instructed to remove socks covering the toes and heels only, the student will push the socks over the heels and off the toes for _____# opportunities at _____% accuracy, across _____# consecutive sessions.

3. When instructed to remove socks covering toes, heels, and ankles, the student will push the socks down the ankles, over the heels, and off the toes for _____# opportunities at _____% accuracy, across _____# consecutive sessions.

*Please note that goals, objectives and teaching strategies may be individualized to meet the needs of your students. Program changes can be documented through teaching step descriptions, mastery criteria and lesson updates.