

## Putting on your socks

1. Start by sitting on the floor with your back against the wall or sat in a chair.



Pick up your sock.  
The long part of the sock goes on the front of your foot.

3.



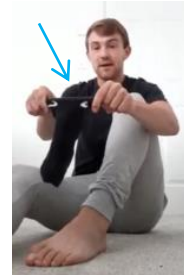
The pointy part of your sock will go over the heel of your foot.

4.



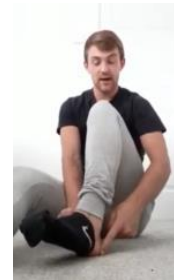
The top of your sock has a hole in it, this is where you put your toes.

5.



Open the top of your sock wide so that your toes can fit into the top.

6.



Put your toes into the sock and pull the sock up to your heel.

7.



Pull the sock again to cover your heel.

8.



Then pull the sock up your ankle. **Finished.**