

Bobbi's

SUPERPOWER



Once upon a time, there was a brave kid named Bobbi who went on an exciting adventure every day at school.



There was just one challenge that felt like a big mountain to climb—getting dressed for PE! Changing into their PE clothes sometimes felt hard.



Hello!

I'm the OT.
I can help you!



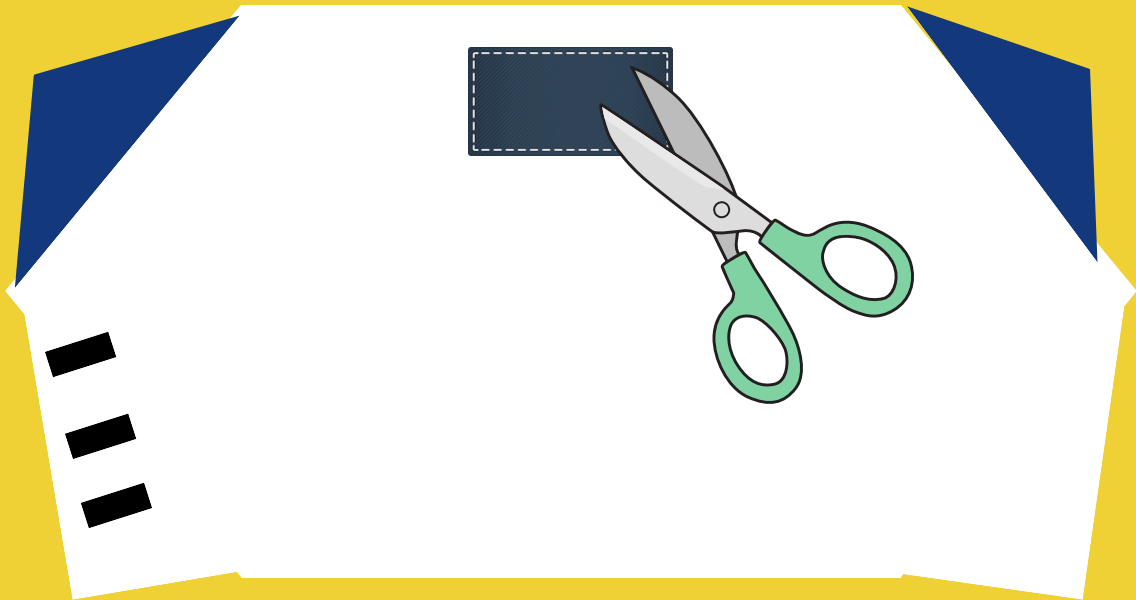
**Luckily, a wise Occupational Therapist
arrived to help make dressing easier!**

At the beginning of the adventure, some clothes felt very uncomfortable.

The tags on the back would itch and scratch like little bugs! It was hard to focus on getting dressed when the tags kept bothering Bobbi.



The OT taught Bobbi that they could cut out scratchy tags. They also suggested ASDA's sensory-friendly uniforms that felt comfy and soft—no itchy tags!



It was also tricky figuring out where the arms and legs should go, and sometimes their sleeves would be inside out, which was confusing.

inside?

outside?



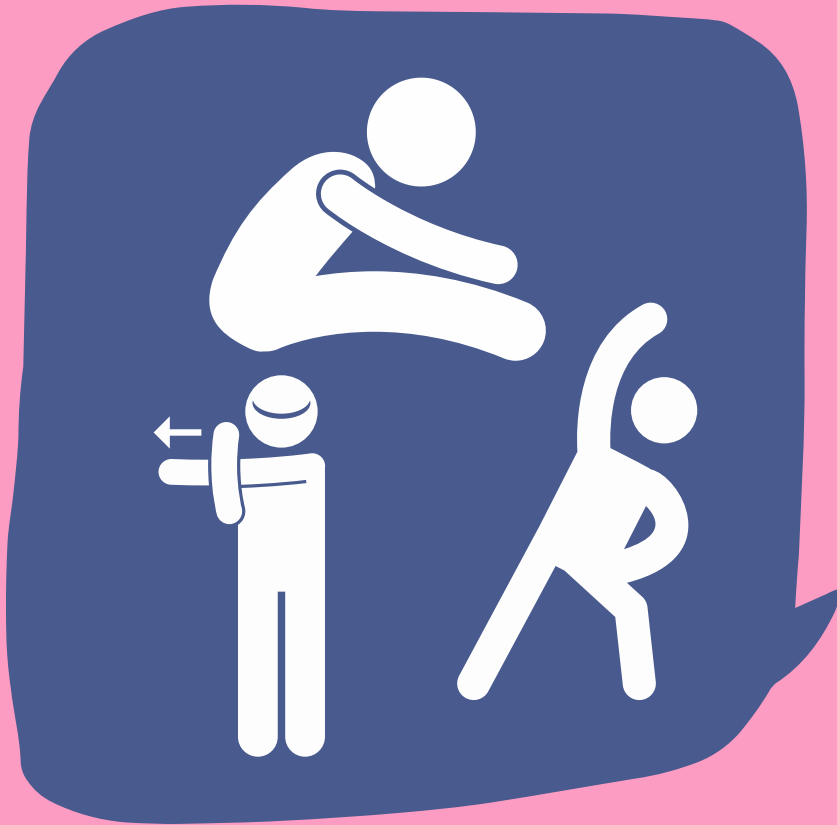
**But their OT
had a clever
plan to help
them learn to
do it all by
themselves!**





**They started learning
how to feel where their
arms and legs were
without looking.**

The therapist gave them simple exercises, like stretching their arms out wide before putting them into the sleeves or wiggling their legs to feel where their trousers should go.



To help Bobbi remember the steps for getting dressed, the occupational therapist introduced some special pictures. These pictures were like magical maps, showing exactly what to do:

1

Take off school shoes.



2

**Take off the school uniform
(no itchy tags, yay!).**



3

**Turn the PE t-shirt
right-side out if the
sleeves were inside out.**



4

**Put on the PE t-shirt
(stretch out those arms
wide like an airplane!).**



5

**Step into PE shorts
(balance like a
superhero on one foot!).**



6

**Put on PE shoes (and tie
them up like a pro!).**



Whenever they needed help remembering the steps, they could look at the pictures. They followed the sequence like a treasure map, one step at a time.



But that's not all! The OT also showed Bobbi fun videos with songs that helped them remember the steps. The song went like this:

A rounded rectangular box containing a music player interface. It features three lines of lyrics, a progress bar, and five control icons: repeat, previous, play/pause, next, and refresh.

 **First, put your t-shirt on,
don't forget your arms!** 

**Next, pull up your shorts,
you're getting dressed so smart!**

**Now it's time for shoes,
you're ready, yes, it's true!**

⌂ ⏪ ⏸ ⏩ ↺



Bobbi loved singing along to the song, and it made getting dressed feel like a fun game.



Along the way,
Bobbi learned some clever
tricks for those tricky parts of
dressing.

If the sleeves were inside out,
they would reach into the
sleeve, grab the end, and pull it
right-side out before putting it
on.



It was like MAGIC!

If the trousers felt too
tight to pull up, they would
wiggle their hips or sit
down to pull them on more
easily.



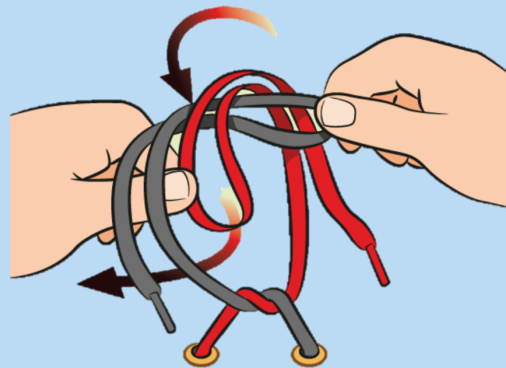
The therapist also taught them to tie their shoes with a little rhyme:



**Bunny ears,
bunny ears,
looped around the
tree,**



**One goes under,
and out pops three!**



After practicing with their OT, Bobbi felt more and more confident. They didn't need as much help from their teacher anymore.



Now,

when it was time to change for PE,

They know exactly

what to do





**The
best part?
Bobbi felt
like
a superhero,
ready for PE
ALL
by
themselves!**

