**Day 1**
1. Pop small bubble wrap with fingers for 5 minutes.
2. Make a tower of 30 Legos. Take them apart one by one.

**Day 2**
1. Pull off 20 small pieces of tape and stick onto the table. Pull each piece off one by one.
2. Pinch play dough or putty with thumb, first finger, and second finger 20 times.

**Day 3**
1. Practice stringing beads or lacing cards for 10 minutes.
2. Tear colorful paper into small pieces and make a mosaic.

**Day 4**
1. Pick up 20 craft pompons, feathers, or other manipulatives using a clothespin and place into a bowl.
2. Cut a slit in the top of an empty plastic container. Push 20 pennies through the slit into the container.

**Day 5**
1. Make a tower of 30 Legos. Take them apart one by one.
2. Pinch play dough or putty with thumb, first finger, and second finger 20 times.

**Day 6**
1. Practice stringing beads or lacing cards for 10 minutes.
2. Pull off 20 small pieces of tape and stick onto the table. Pull each piece off one by one.

**Day 7**
1. Cut slots in a piece of felt or other fabric. Practice placing a large button through the slits 20 times.
2. With clothing off of the child's body, engage the zipper and have her practice pulling it up and down 10 times.

**Day 8**
1. With clothing off of the child's body, push large buttons halfway through button holes and have the child help pull them the rest of the way through. Practice 10 times.
2. With a belt off of the child's body, practice unfastening with assistance 10 times.

**Day 9**
1. With clothing off of the child's body, practice engaging the zipper (putting the end into the zipper pull) hand over hand 10 times.
2. With clothing off of the child's body, practice zippers, buttons, and buckles independently.

**Day 10**
1. With clothing off of the child’s body, practice zippers, buttons, and buckles independently on clothing while wearing them.
2. Try zippers, buttons, and buckles independently on clothing while wearing them!

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**Share your success stories!**  
#10daystoconquer
**Day 1**

1. Pop small bubble wrap with fingers for 5 minutes.
2. Make a tower of 30 Legos. Take them apart one by one.

**Day 2**

1. Pull off 20 small pieces of tape and stick onto the table. Pull each piece off one by one.
2. Pinch play dough or putty with thumb, first finger, and second finger 20 times.

**Day 3**

1. Practice stringing beads or lacing cards for 10 minutes.
2. Tear colorful paper into small pieces and make a mosaic.

**Day 4**

1. Pick up 20 craft pompoms, feathers, or other manipulatives using a clothespin and place into a bowl.
2. Cut a slit in the top of an empty plastic container. Push 20 pennies through the slit into the container.

**Day 5**

1. Make a tower of 30 Legos. Take them apart one by one.
2. Pinch play dough or putty with thumb, first finger, and second finger 20 times.
Day 6
1 - Practice stringing beads or lacing cards for 10 minutes.
2 - Pull off 20 small pieces of tape and stick onto the table. Pull each piece off one by one.

Day 7
1 - Cut slits in a piece of felt or other fabric. Practice placing a large button through the slits 20 times.
2 - With clothing off of the child’s body, engage the zipper and have her practice pulling it up and down 10 times.

Day 8
1 - With clothing off of the child’s body, push large buttons halfway through button holes and have the child help pull them the rest of the way through. Practice 10 times.
2 - With a belt off of the child’s body, practice unbuckling with assistance 10 times.

Day 9
1 - With clothing off of the child’s body, practice engaging the zipper (putting the end into the zipper pull) hand over hand 10 times.
2 - With clothing off of the child’s body, practice zippers, buttons, and buckles with assistance.

Day 10
1 - With clothing off of the child’s body, practice zippers, buttons, and buckles independently.
2 - Try zippers, buttons, and buckles independently on clothing while wearing them!

10 Days to Conquer Clothing Fasteners
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