

Lesson Topic: Laundry

Suggested Time

20-25 minutes (2 hours for completing sorting, washing, drying and folding steps)

Objectives/Goals

The student(s) will be able to:

1. Explain why doing laundry is important
2. Discuss how often to do laundry
3. Demonstrate how to sort, wash, dry and fold laundry

Materials

- Laundry detergent or pod
- Fabric softener sheets
- Washable items
- Washer and dryer
- Computer/tablet to watch the video(s)
- Paper and writing tool
- Table or place to fold items
- Laundry Checklist (*included*)
- Hangers (*optional*)

Guided Practice

1. Introduce the lesson.

- a. Today we are going to talk about why we do laundry.
- b. We are also going to discuss how often to do laundry.
- c. We will walk through the steps of washing, drying and folding laundry and practicing those actions.

2. Watch the video on laundry.

It is around 10 minutes long. Review the discussion points from the video.

3. Discuss why it is important to do laundry.

List the reasons on paper if you choose.

- To stay clean and healthy
- To remove dirt and germs that may cause infections and skin irritations

4. Discuss how often we should do laundry.

List them on paper if you choose.

- It depends on each family. Some families do laundry once a week, but it can be done every day, every few days or every 10+ days.
- It also depends on how many times an item has been worn or has become dirty or smelly.

5. Review the steps for getting laundry ready for washing.

Follow the included Laundry Checklist, and perform the steps below.

1. Gather up the items to be washed.
2. Look at the item tags to make sure they can be placed in a washing machine.
3. Sort the items into piles (dark, light and various colors).

6. Review the steps for washing laundry.

Follow the included Laundry Checklist, and perform the steps below.

1. Once items are sorted, place one pile in washer.
2. Select the appropriate settings. Ask for help if you're unsure of settings.
3. Place detergent liquid or pod into washer.
4. Press start. The washing cycle will take about an hour. It may take less depending on the cycle used.

7. Review the steps for drying laundry.

Follow the included Laundry Checklist, and perform the steps below.

1. Once the washer stops, remove the items and place them in the dryer.
2. Select the appropriate settings. Ask for help if you're unsure of settings.
3. Place a dryer sheet inside the dryer with your items.
4. Press start. The drying cycle will take about an hour. It may take less depending on the cycle used.

8. Review the steps for folding items and putting laundry away.

Follow the included Laundry Checklist, and perform the steps below.

1. Once the dryer stops, remove the items and place them in a basket.
2. Take the items to a place where they can be folded or hung up as needed. Towels are usually folded, but shirts and pants can be folded or hung up depending on preference. Ask for help if you're unsure.
3. Put away items where they belong after they're folded or placed on hangers.

9. Review this lesson.

Review why doing laundry is important and how often it should be done in your household. Monitor the student's laundry practice until you feel they can safely do it alone.

Additional Resources

goodhousekeeping.com/home/cleaning/a37480/how-often-you-should-wash-everything/

This web site suggests how frequently different items should be washed.

wikihow.com/Fold-Clothes

This web site provides a picture guide on how to fold different types of clothing.