



## Why We Get Dressed

- We get dressed so that we have the right clothes on. What we wear depends on what we are going to do next.
- People usually change clothes at least twice a day. Most people will have special clothes that they wear for sleeping in. In the morning people usually change into day clothes. Sometimes people change again for a special purpose like doing sport. Sometimes people need to change clothes because their clothes have got dirty. There can be lots of reasons.
- It is important to have the right clothes on. Sometimes there are rules about what people can wear in certain places. Some adults have to wear uniforms for work and some children wear uniforms for school.
- Getting dressed is just a thing that we do when needed each day. Choosing the right clothes is important. This depends on where we are going and what we are doing.

