

Basic Laundry Skills: Sorting, Stains, and Folding

Name: _____ Date: _____

LEARNING OBJECTIVE

Students will practice sorting laundry correctly, treating a stain, and folding clothing using proper techniques.

MATERIALS NEEDED

- a basket of clean or dirty laundry (mixed colors/fabrics)
- laundry detergent
- stain treatment (stain stick, dish soap, or detergent)
- a garment with a real or simulated stain (e.g., dab of ketchup or juice on an old cloth)
- notebook paper and pencil

HANDS-ON ACTIVITY

1. Sort a basket of laundry into at least 3 piles: whites, darks, and colors (or delicates, if applicable), explaining your sorting choice for 3 specific items on paper.
2. Read the care label on 2 different garments and record the washing instructions (water temperature, dryer or air-dry, any special notes) for each.
3. Practice pre-treating a real or simulated stain: apply a small amount of stain treatment or dish soap directly to the stain, gently rub it in, and let it sit for 5-10 minutes before (if possible) rinsing or laundering.
4. Practice folding 3 different types of clothing correctly: a t-shirt, a pair of pants, and a towel, using proper folding technique for each.
5. Create a simple laundry chart listing each sorted item, its fabric type/color category, and its wash temperature, to reference for future loads.

QUESTIONS

1. Why is it important to sort laundry into whites, darks, and colors before washing?
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2. What washing instructions did you find on the two care labels you checked?
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3. Why should a stain be treated as soon as possible rather than waiting until laundry day?

4. Which folding technique did you find most challenging, and what made it difficult?
