

Oak Specialist

Independent Living

Unit 2- Personal Care

Applying Learning



Unit 2- Personal Care

Lesson 1- Self-care and Hygiene

Developing healthy hygiene habits and routine.

Lesson 3- Daily Recommendations

Learning about calories and what the daily recommendations are for boys and girls..

Lesson 5- Celebrating Ourselves

Recognising and celebrating our accomplishments and those of others.

Lesson 2- Balanced Plate of Food

Understanding the 5 main food groups and what to eat to stay healthy.

Lesson 4- Balanced Leisure Activities

Thinking about activities to do in our free time and what is available in our local area.

Lesson 6- Managing our Emotions

Identifying and understanding negative emotions and learning strategies to help.



Lesson 1- Self care and hygiene



Teacher notes- Lesson 1

Learning Intention; Learn about the different elements of good hygiene and why this is so important.

1. Learning about and understanding why we need to maintain a good level of hygiene to stay healthy and well.
2. Breaking down each hygiene task into stages to understand how to clean yourself and why it is important.
3. Thinking about how often we need to clean each area of the body and why this might be different for some people. Eg; The frequency in which we wash our hair may be different, but we all need to brush our teeth in the morning and evening.
4. Creating a daily hygiene routine for the morning and evening.

-Additional resources needed; Pen and paper.



Personal Care

Self-care and hygiene

Applying Learning



Lesson Activity Stages

This lesson will be taught in 3 stages:

1. Why is it important to have a hygiene routine?
2. What we need to do daily.
3. Creating a hygiene schedule.



Why do we need a hygiene routine?



Shower or bath to clean your body and face



Shower or bath to clean your hair



Brush your teeth



Morning



Evening



Activity

1. Have a go at creating your own morning and evening hygiene routine. You can draw it out or write it down.

Things to consider;

- Brushing your teeth and washing your face needs to be in both, your morning and evening routine.
- You may prefer to wash your hair every 2 days instead of every day. Some people may need to wash their hair even less.



Independent Living

Personal Care

Self-care and Hygiene

Make it easier

Think of two self-care or hygiene routines and practice doing them independently at home.

Make it harder

Think of the different products that we need to maintain good hygiene and how we use them. Add the instructions into your routine.

More ideas

Look up different self-care and hygiene products online or in your local high street. Learn about the different places that we can buy hygiene products from.



Signposting

Independent Living:

- Building Understanding- Morning hygiene routine (Unit 2)

Occupational Therapy:

- Activities of daily living (Unit 6)

