

Occupational Therapy

# **Activities of Daily Living (ADLs) - Hair Washing**

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# USE SCISSORS SAFELY

**This lesson includes the use of scissors, so please:**

- Make sure you are sitting down to do your cutting.
- Make sure an adult is with you while you are cutting.
- Cut away from your body.
- Carefully watch what you are cutting.
- Hold scissors by the handles.
- Don't run while holding scissors.
- Only cut things which an adult has said is okay to cut.



# ACTIVITY:

1. For this activity, you will need:

- Paper
- A pen or pencil

OR

- Scissors (requires parent / carer supervision)
- Glue

2. Print the downloadable resource and cut out the boxes of steps.

3. Stick the steps in order, from 1 to 18, on the grid provided.

If you don't have a printer, just write the steps in order on a piece of paper.



# The Hair Washing Steps

<b>Put shampoo on hair</b>	<b>Take clothes off</b>	<b>Squeeze soap on cloth</b>
<b>Put towel close to shower</b>	<b>Turn on the shower</b>	<b>Wet hair</b>
<b>Check water temperature</b>	<b>Rub shampoo in</b>	<b>Check fingertips for foam</b>
<b>Rinse shampoo</b>	<b>Rinse conditioner off</b>	<b>Get into shower and close curtain/door</b>
<b>Put conditioner on hair</b>	<b>Rub conditioner in</b>	<b>Turn taps off and close bottles</b>
<b>Get out of shower</b>	<b>Dry body well</b>	<b>Get dressed</b>



# Hair washing steps - you need to:

1	7	13
2	8	14
3	9	15
4	10	16
4	11	17
6	12	18

