

Oak Specialist

Independent Living Personal Care

Building Understanding



Unit 2- Personal Care

Lesson 1- Five a day

Making a healthy smoothie using five fruit and vegetables.

Lesson 3- Turn taking

Games and activity suggestions to encourage turn taking.

Lesson 5- Managing emotions

Recognising familiar emotions and identifying strategies to manage these.

Lesson 2- Morning routine

Identifying morning hygiene activities and creating a routine.

Lesson 4- Fine/gross motor circuit

Activity suggestions to encourage development of fine and gross motor skills

Lesson 6- How to relax

Activity suggestions to learn how to relax and self regulate.



Lesson 2- Morning routine



Teacher notes- Morning hygiene routine

Learning Intention: To identify morning hygiene activities and build them into a routine.

1. Choose activities that should be completed in the morning
2. What do you need to complete each activity?
3. Why do you need to follow a hygiene routine?
4. What order should you complete the activities?
5. Making a visual schedule

Resources needed: pen, paper, activity items e.g. toothbrush, clothes etc



Personal Care

Morning hygiene routine

Building Understanding



Lesson activity stages

1. Choosing activity
2. What do you need?
3. Keeping clean
4. Make a schedule



Morning activities

Wash face	Go for a swim	Rollerblade	Brush teeth	Paint
Pack bag	Water garden	Get dressed	Take photos	Eat breakfast



Morning routine activities

pack bag

brush teeth

eat breakfast

get dressed

wash face



Washing face- what do you need?

cloth

soap

water



Washing face- put the steps in order

1. Get cloth
2. Turn on tap
3. Wet cloth
4. Turn tap off
5. Get soap
6. Put soap on cloth
7. Clean face with cloth
8. Turn on tap and wet cloth
9. Turn off tap and rinse face with cloth

Task: Take a photo of each step and put into a sequence



Brushing teeth- what do you need?

toothbrush

toothpaste

water



Brushing teeth- put the steps in order

1. Get brush
2. Get toothpaste
3. Open toothpaste
4. Put toothpaste on brush
5. Turn tap on
6. Rinse brush under tap
7. Turn tap off
8. Brush teeth
9. Spit and rinse

Task: Take a photo of each step and put into a sequence



Getting dressed- what do you need?

underwear

socks

top

trousers



Eating breakfast- what do you need?

cereal

fruit

bowl

milk

bread

butter

spoon



Packing bag- what do you need?

bag

diary

lunchbox

music

ear defenders



Why do we need to do our morning activities?

To keep our bodies clean	To stay healthy	To look smart	To be organised	To feel good about ourselves	To be ready to learn



Choose your morning routine

1.	2.	3.	4.	5.
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Example of visual schedule



Teachers own image



Independent Living

Personal Care

Morning hygiene routine

Make it easier

- Choose one morning routine activity and break it into steps e.g. tooth brushing.
- Offer a visual choice of two activities for learner to choose from

Make it harder

- Make a visual schedule for evening routine. What is the same, what is different?
- Create a step by step routine for using the shower or bath

More ideas

- Explore the different hygiene products you use at home and what they are for e.g. shampoo, deodorant, shower gel



Further Learning with Oak National

Independent Living:

- Applying Learning- Managing a routine (Unit 3)
- Applying Learning- Balanced leisure activities (Unit 2)
- Building Understanding- Creating a visual schedule (Unit 3)

Numeracy:

- Building Understanding/ Applying Learning- Time (Unit 4)

Occupational Therapy:

- Executive Functioning/Organisation (Unit 5)
- Activities of Daily Living (Unit 6)

