

Oak Specialist - Applying Learning

Independent Living

Unit 2- Personal Care

Melanie



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 5- Celebrating ourselves and each other



Teacher notes- Lesson 5

Learning intention; learning how to identify our strengths, the strengths of others and how to celebrate them.

1. Thinking about our strengths and why we are good at something. Talking to the person you're working with about their strengths and identifying similarities and differences.
2. Thinking of the different ways people celebrate their achievements and what skills it takes to achieve a goal.
3. Creating a certificate for each other to celebrate achievements.

-Additional resources needed: talking partner, pen and paper.



Personal Care

Celebrating ourselves and each other

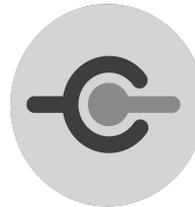
Applying Learning



Lesson Activity Stages

This lesson will be taught in 3 stages:

1. Identifying our own strengths and our talking partners' strengths.
2. Thinking about how we celebrate our successes.
3. Creating a certificate to celebrate our strengths.



What are you good at?



Art



Sports



Writing



Languages



Science



Gardening

Images from Pixabay



Activity

1. With your partner, make a list of some of the things that you are good at.



How do we celebrate our achievements?



Celebrating with family



Celebrating with friends



**Receiving an award
or certificate**



Activity

1. Using your list of things you are good at, choose one of your partners and create a certificate for each other to celebrate your strengths!
See the following slide for an example...



Certificate

This certificate is awarded to

for being a excellent at

Congratulations

From _____



Independent Living

Personal Care

Celebrating ourselves and each other.

Make it easier

Talk to your partner about things you think they are good at. Write down or draw what you think your talking partner is good at.

Make it harder

Learn about and write down the various skills involved in the things that you are good at. With your partner, investigate how these skills may transfer to developing a new talent or activity.

More ideas

Think about some of the skills that you would like to develop and set yourself some new targets.



Signposting

Independent Living:

- Applying Learning- Managing feelings (Unit 2)
- Building Understanding- Managing emotions (Unit 2)

