

Oak Specialist

Independent Living

Unit 1- Home Management

Applying Learning



Unit 1- Home Management

Lesson 1- Using cleaning products

Recognising common cleaning products and warnings on the labels.

Lesson 3- Reading clothes labels

Identifying key washing symbols and what they mean.

Lesson 5- Using the kitchen safely

Recognising different kitchen utensils and appliances, and how to use them safely.

Lesson 2- Hygiene at home

Using the correct cleaning product and cloth for the job.

Lesson 4- Organising clothes

Sorting clothes by category and folding correctly.

Lesson 6- Reading food labels

Counting equipment needed and using a visual to set the table.



Lesson 2 - Hygiene at home



Teacher notes- Lesson 2

Hygiene at home

Learning Intention: To understand how to keep your home hygienic.

1. Introduce chores that need to be done to keep your home hygienic.
2. What do we use to clean?
3. Why is it important to have a hygienic home?
4. Creating our own list of chores to keep our home hygienic and clean.

Resources needed: examples of cleaning products and cloths.



Safety notice

This lesson involves cleaning products which may be harmful to you or the learner if used incorrectly. Please follow the safety guidelines on the products and ensure adult supervision when handling these products.



Home Management

Hygiene at home

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Lesson activity stages:

This lesson will be taught in 4 stages:

- Thinking about what we need to do to keep our home clean.
- What do we use for each job?
- Why is it important to keep our homes clean?
- Create a list of weekly chores.



What do we need to do to make sure our bedroom is clean?



What do we need to do to make sure our bathroom is clean?



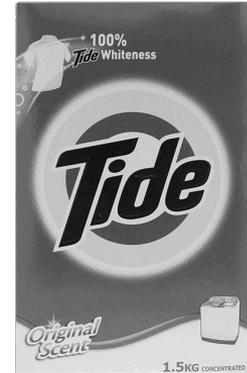
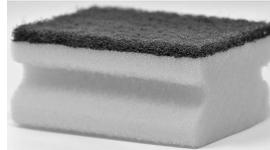
What do we need to do to make sure our kitchen is clean?



What do we need to do to make sure our living room is clean?



What do we need to clean each area/ item?



Now we know how to keep our homes clean, let's make a schedule of your weekly chores.

Monday	Hoover ✓	Wash the dishes ✓
Tuesday	Clean the floors ✓	Wash the dishes ✓
Wednesday	Clean the kitchen ✓	Wash the dishes ✓
Thursday	Dust the furniture ✓	Wash the dishes ✓
Friday	Clean the bathroom ✓	Wash the dishes ✓
Saturday	Wash bath towels ✓	Wash the dishes ✓
Sunday	Wash the bedding ✓	Wash the dishes ✓



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Hygiene at home

Make it easier

- Just look at one room, such as the kitchen, or bathroom and how to keep it clean and hygienic.

Make it harder

- Ask your parent or guardian to help you while you learn how to wash your towels and sheets using the washing machine.

More ideas

- Think about how you might use a schedule for other things, such as personal hygiene routine, or exercise routines. Have a go at creating another one.



Signposting

Independent Living

- Building Understanding- Cleaning in the home (Unit 1)



References

Slide 7- Widgit Symbols © Widgit Software 2002-2020

Slide 8- Bedroom, Pexels

Slide 9- Bathroom, Pxfuel

Slide 10- Kitchen, Pixabay

Slide 11- Couch living room, Pixabay

Slide 12- Duster, Publicdomainpictures / Surface cleaner, teachers own / Cloth, Piquesels / Floor cleaner, teachers own / Fairy Liquid, teachers own / Mop, Wikimedia Commons / Spray, teachers own / Sponge, Pxfuel / Cloth, Pxfuel / Washing powder Tide, Pngimg / Lemon Pledge, Mike Motzart, Flickr Attribution 2.0 Generic (CC BY 2.0)

Slide 13- Tick symbol, Pixabay

