LifeSkills Challenges: Personal Hygiene

Carry out these challenge tasks in discussion with a responsible adult. Document what you do with photographs/ selfies of each stage of the process.

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| **1** | ✓ | **2** | ✓ | **3** | ✓ |
| **Help to prepare a personal hygiene schedule for a week**  eg, cleaning teeth, hands, face, ears, eyes, nose, hair, body; keeping clothing and shoes fresh; bedding; include days and times |  | **Follow your schedule closely for a week, without being reminded about it.** Keep a record: checking off what you do; make a note of how you feel after each activity. |  | a. **Create a shopping list of all the products you would need in order to maintain good personal hygiene.**  b. **Research images, or ‘create’ your own selfies, to make ‘a comparison poster’.** Show what can happen to a person if these personal hygiene routines are not followed. |  |
| **How well did you do?** |  | **How well did you do?** |  | **How well did you do?** |  |
| **Would you like to make any improvements?** |  | **Would you like to make any improvements?** |  | **Would you like to make any improvements?** |  |
| **Review and revise this challenge** |  | **Review and revise this challenge** |  | **Review and revise this challenge** |  |
| **Anything to add or do differently?** |  | **Anything to add or do differently?** |  | **Anything to add or do differently?** |  |