

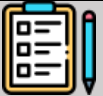


Subject: Lifeskills, Personal Hygiene

Phase: KS3

Welcome to the Lifeskills Super Curriculum. Below you will find a whole host of exciting things to do to develop your understanding and boost your knowledge of Lifeskills. We hope you enjoy doing this work. You might want to create a workbook, journal or presentation of the things you do. You will earn reward points if you can show your tutor.

READ 	WATCH 
Personal Hygiene for younger readers Smelly Melly: Personal Hygiene for Kids and Little Monsters : Densley, Tony, Palmer, Niki, Hussain, Muzamil: Amazon.co.uk: Books Teenage boys guide through puberty https://www.amazon.co.uk/My-Bodys-Changing-Guide- Teenage girls guide through puberty https://www.amazon.co.uk/My-Bodys-Changing-Girls- Girls who need more information about periods The Autism-Friendly Guide to Periods: Amazon.co.uk: Robyn Steward: 9781785923241: Books	What causes body odour https://www.youtube.com/watch?v=6HygVJA6AgQ What causes bad breath https://www.youtube.com/watch?v=tZuXWDAQuQg What is personal hygiene https://www.youtube.com/watch?v=UxskKQ9WOTE The link between personal hygiene and mental health https://www.youtube.com/watch?v=jLmN0ts0k4o

LISTEN 	DO 
Make sure your mind is calm so you are ready to look after your personal hygiene with this Mindfulness break https://www.youtube.com/watch?v=LgRd1Mzhh_Q 5 things calming meditation you can do anywhere https://www.youtube.com/watch?v=30VMIEmA114 Gorgeous background and calming music, perfect for a pamper session https://www.youtube.com/watch?v=dnBAU8Co6PA Become more aware of yourself with the body scanner mindfulness https://www.youtube.com/watch?v=xLoK5rOl8Qk	Have a family or friends pamper session, face masks, nail painting, hair styling are all fun ideas. Plan your personal hygiene routine, create a timetable. Make a step by step guide to a personal hygiene activity, such as the correct steps to washing and styling your hair. Practice shopping by purchasing some personal hygiene products, shop around for the best value prices you can find. Roll play making an appointment at the hairdressers or barbers, before calling and booking your own appointment with your families support.