




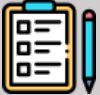


Subject: Lifeskills, Personal Hygiene

Phase: KS4

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 
<p>Remember now you are a teenager your body is going through lots of changes, make sure you are on top of your teenage personal hygiene https://www.healthdirect.gov.au/personal-hygiene</p> <p>The NHS always has lots of great advice to keep you healthy, including your personal hygiene https://www.schoolhealth.cnwl.nhs.uk/young-people/health-and-wellbeing-zone/personal-hygiene/</p> <p>Boys Guide to Growing Up The Boys' Guide to Growing Up by Phil Wilkinson Goodreads</p> <p>Girls Guide to Growing Up The Girls' Guide to Growing Up by Anita Naik Goodreads</p>	<p>Teenage skincare and products can be really confusing and expensive. Find some influences who focus on teenage skincare at affordable prices https://www.youtube.com/watch?v=8TUcbqTBEKg</p> <p>This lady makes personal hygiene fun! FYI a wash cloth is just an American name for a flannel!! https://www.youtube.com/watch?v=Ga8tA1TyJBM</p> <p>Personal Hygiene routine, checklist https://www.youtube.com/watch?v=01COSszay_g</p>

LISTEN 	DO 
<p>Relax your body and mind with soothing mindful music and images, perfect pamper evening background noise https://www.youtube.com/watch?v=IFcSrYw-ARY</p> <p>When you are well rested and have had enough sleep, you will look and feel so much better. Why not try a relaxing sleep meditation soundtrack https://www.youtube.com/watch?v=8PAIh_3HQao</p> <p>Mindful exercise to calm emotions https://www.youtube.com/watch?v=3iUf73v92II</p>	<p>Make a personal hygiene timetable, and stick to it!</p> <p>Have a pamper evening, relaxing bath, skin care, facemasks, nail care etc.</p> <p>Create an advert for a product that helps treat teenage acne, research products that are already on the market first</p> <p>Internet research prices for personal hygiene products you need</p> <p>When you need to replace personal hygiene products, practice your shopping skills in person</p>