

Home Living / Daily Living
Lesson Plan—Emerging, Developing Mastery
Face Wash

Instructional Area: Leisure Community Home Living / Daily Living
Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Hygiene: self care

Learning Area:

- Personal Resource Management

Purpose of Lesson / Objective:

- Increase awareness and abilities involved in face washing

Materials / Equipment / Environment:

- Bathroom
- Sink
- Washcloth
- Soap
- Towel
- Mirror
- Picture sequence schedule

Group Size: Will vary (1:1 ideal)

Time Required: Individualized

Lesson Procedure:

1. Discuss the need to have a clean face (to promote health, hygiene, good personal appearance).
2. Talk about times when our faces are likely to need washing (after snack/meal)
3. Demonstrate steps involved in face washing, explaining details as needed
4. Using picture cues, have the student practice washing his/her face:
 - a. Obtain washcloth, soap, towel (if washcloths are unavailable, show student how to use his/her hands)
 - b. Turn on and adjust hot and cold water
 - c. Put washcloth in water, take it out and squeeze out excess water
 - d. Put soap on washcloth and rub until lather is formed
 - e. Apply washcloth to face - rubbing all areas using mirror to monitor
 - f. Put washcloth back in sink to rinse. Take it out and squeeze to remove excess water
 - g. Apply washcloth to face and repeat step "f" to rinse off the soap using mirror
 - h. Put washcloth down and pick up towel to dry face
 - i. Put towel away. Rinse and squeeze the washcloth before putting it away
5. Gradually reduce assistance while continuing to reward efforts at independence. Reward all independent attempts in sequence until evaluation criteria are met.

Carry Over / Related Activities:

Supporting Activities / Possible Adaptations:

- Younger students could look at pictures of dirty and clean faces (out of magazines) and Identify which areas of face are dirty and clean. Could use a tissue or dry cloth to demonstrate the process.

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Strategies for Participation:

- Demonstration, cues/prompts as needed

Student Reaction / Evaluation:

- Student can successfully complete the process of face washing, using picture sequence schedule if necessary.

Lesson Support:

(Introduction – lead in, background information, supporting concepts and activities – curriculum)

- "Champions Program" - part of the Viking Council's Learning for Life curriculum (see resources)