

Home Living / Daily Living
Lesson Plan—Developing, Mastery
Hair Washing

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 ability related to hair washing

Materials / Equipment / Environment:

- Sink or shower (if addressing functional skills at health club in the community)
- Shampoo
- Conditioner/creme rinse
- Towel
- Mirror
- Hairdryer
- Comb and/or brush

Group Size: Will vary (1:1 ideal)

Time Required: Individualized

Lesson Procedure:

1. Discuss importance of having clean hair (for health/hygiene reasons, to project a nice personal appearance)
2. Gather materials needed for hair washing
3. Adjust water temperature (so that it is not too cold or hot)
4. After determining that water temperature is acceptable, wet hair thoroughly
5. Put small amount of shampoo in hand and work it into lather in (wet) hair
6. When all hair has been satisfactorily washed, rinse thoroughly, making sure all bubbles are gone
7. Apply conditioner/creme rinse and distribute throughout hair
8. Repeat rinse process
9. Turn off faucet
10. Towel dry hair, being careful not to spill water on floor
11. Use hair dryer to thoroughly dry hair
12. Style hair with comb an/or brush while drying

Carry Over / Related Activities:

Supporting Activities / Possible Adaptations:

- Work on the skills in functional situations (in the locker room following gym, swimming, or other fitness activity is ideal for working on skill generalization)

Strategies for Participation:

- Demonstration, cues/prompts as needed

Student Reaction / Evaluation:

- Student is able to wash hair thoroughly and as independently as possible

Lesson Support: