

**Home Living / Daily Living**  
**Lesson Plan—Emerging, Developing, Mastery**  
**Nail Care**

**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 skills related to nail care

**Materials / Equipment / Environment:**

- Sink
- Soap
- Nail brush for each student
- Towel
- Presentation from school nurse

**Group Size:** Will vary      **Time Required:** Dependent upon group size, ability level

**Lesson Procedure:**

1. Ask the school nurse to talk to the group about the importance of good nail care (for good hygiene/health reasons, good personal appearance)
2. Demonstrate the process of good nail care:
  - a. Turn on faucet and wet hands
  - b. Add soap
  - c. Rub hands together, making a soapy lather
  - d. With nailbrush, make sure lather gets under as well as on each nail
  - e. Rinse hands and nail brush
  - f. Turn off faucet
  - g. Dry hands with cloth or paper towel
  - h. Put materials away

**Carry Over / Related Activities:**

**Supporting Activities / Possible Adaptations**

- Female students could polish their nails in a "Gals' Group" and/or go to a beauty school and get their nails done as a fun follow-up activity

**Strategies for Participation:**

- Demonstration, cues/prompts as needed

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**Student Reaction / Evaluation:**

- Student can successfully complete the process of caring for his/her nails as needed

**Lesson Support:**

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

- Ask students when it's necessary to attend to nail care (after working/playing outdoors, before preparing/serving food, after going to the bathroom, before and after meals)