

**Home Living / Daily Living**  
**Lesson Plan—Emerging, Developing, Mastery**  
**Personal Hygiene—Use of Napkin**

**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 in using a napkin following a meal or snack

**Materials / Equipment / Environment:**

- Napkin
- Mirror
- "Messier snacks" (chocolate pudding, peanut butter toast, etc.)
- Eating utensils if needed

**Group Size:** Will vary      **Time Required:** Individualized

**Lesson Procedure:**

1. Discuss importance of monitoring and attending to personal appearance
2. After enjoying a messy snack, have students take turns looking into mirror, stating his/her observations and/or receiving group feedback
3. Demonstrate how to thoroughly use a napkin (paying attention to both sides of face, mouth area, and chin)
4. Discuss the importance of using another, clean napkin if necessary
5. Discuss the idea of using a clean, wet napkin for stubborn substances (spaghetti sauce, etc.)
6. Double-checking in the mirror, throw the napkin(s) away when face is sufficiently clean

**Carry Over / Related Activities:**

- For younger students: practice cleaning messy/dirty doll's faces with napkins

**Supporting Activities / Possible Adaptations:**

- Adapted Learning Devices (ALD's) with lighted make-up mirror (a student less physically capable could push a switch that activates the mirror for a classmate working on napkin use).

**Strategies for Participation:**

- Cues, prompts, demonstration as needed

**Student Reaction / Evaluation:**

- Student successfully removes food/sauce from his/her face

**Lesson Support:**

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

- "Champions Program" - part of the Viking Council's Learning for Life curriculum