Hygiene

Content Area: **Special Education**
Course(s):
Time Period: **September**
Length: **All school year**
Status: **Published**

Enduring Understandings

- I will be able to differentiate between healthy and unhealthy hygiene routines.
- I will be able to explain the consequences of poor hygiene.
- Using various sources, I will create a list of products needed to maintain healthy hygiene.
- I will demonstrate a neat appearance and explain the importance of maintaining that appearance.
- I will complete targeted hygiene routines in the appropriate sequence as personally possible.

Essential Questions

- What are the routines needed to maintain overall healthy hygiene?
- What products are necessary to maintain healthy hygiene?
- How is each hygiene product used as part of my routine?
- What steps are necessary when completing each hygiene routine?

Content

- Will be chosen and/or designed based on the individual needs of each student. When choosing content, consideration will be given to each student´s current level of functioning as demonstrated through observation, interviews and standardized assessments such as the Washington State Life Skills Inventory Independent Living Assessment Tool, Ohioś Employability and Life Skills Assessment and the Assessment of Financial Skills and Abilities.

- Instruction will be differentiated with multiple entry points for diverse learners. The low ratio of teacher to students, in this class provides for each student's individual needs to be met and for the lesson to change to meet the needs of individual learning styles as the lesson progresses.

Skills

- Define "hygiene"
- Understand different hygiene routines.
- Differentiate between healthy and unhealthy hygiene routines.
- Explain the importance of hygiene.
- Understand the consequences of poor hygiene.
- Identify products necessary to maintain appropriate personal hygiene

- List products necessary to maintain appropriate personal hygiene.
- Sequence steps necessary for individual hygiene routines.
- Differentiate between a "messy" appearance vs. a "neat" appeareance.
- Explain the importance of maintaining a neat appearance.
- Understand and explain the consequences of a messy appearance.

Resources

- Washington State Life Skills Inventory Independent Living Assessment Tool
- Ohio´s Employability and Life Skills Assessment

Standards

	Students who practice positive health behaviors can reduce or eliminate preventable health problems. Making positive health practices part of the daily routine contributes to a student's physical, mental, social and emotional health.
HPE.2.1.2.A.1	Explain what being "well" means and identify self-care practices that support wellness.
HPE.2.1.4.A.2	Determine the relationship of personal health practices and behaviors on an individual's body systems.
HPE.2.1.4.C.1	Explain how most diseases and health conditions are preventable.