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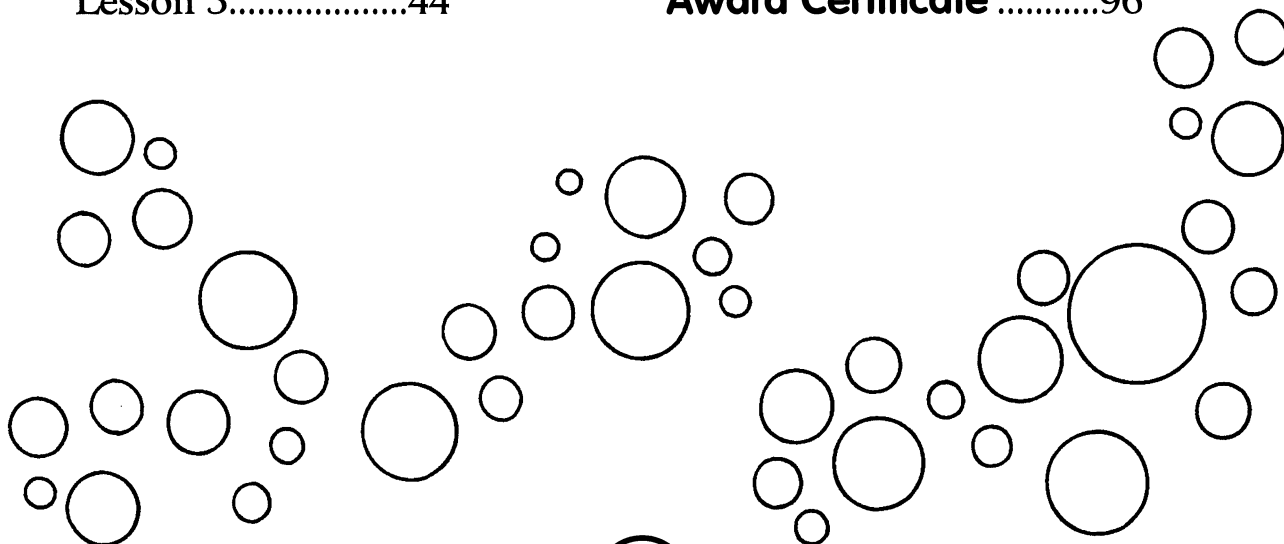
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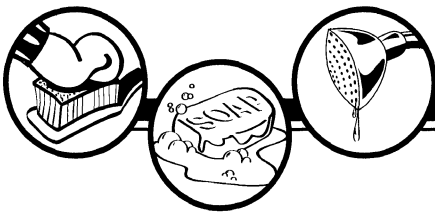
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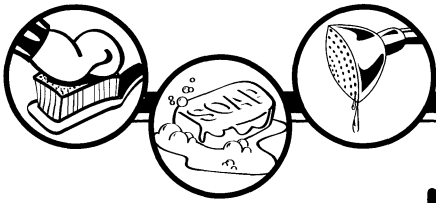


To the Teacher

The exercises in this book have been conducted with many different ages of students having special needs and various ability levels. Some of the activities address sensitive topics which are very basic to self-care. There are two important elements about which you may need to be aware if you are interested in offering successful lessons on personal hygiene. One is your attitude. If you have a matter-of-fact, “this is important basic information” attitude, your students will model your behaviour. If it is a serious time, be serious, but do not hesitate at other times to be silly and have fun. The second most important element is your relationships with and knowledge of your students. If they trust you, they will do about anything you suggest, whether it seems silly or useless or hard or boring. You know what will work best for them. If appropriate, modify a lesson, improvise with easy-to-obtain equipment, divide a lesson into several stages, or whatever else will help your students master basic hygiene skills. Hopefully, these activities will provide a starting point for you to expand upon and learn with your students.

Additionally, please remember that it takes at least 30 exposures to new information for the skill to be learned. Therefore, do not hesitate to use repetition when practising the skills. Movement and music also increase learning. It is important to utilise as many senses and mediums as possible to help students retain what they have learned.

Finally, use your community resources. You may consider contacting local merchants for possible donations of either money or supplies. In fact, they often have a certain budget for special community needs. You may also consider contacting regional offices for youth group organisations which are eager to help when informed about these needs. If possible, contact a local college, technical school, or cosmetology school to find out if instructors (or students) are willing to be guest speakers or provide services to your students for free or a small fee. Most people are interested in helping if they are aware of the exact need and how their volunteer services will be for a good cause. Be sure that your class or group writes thank you letters (another important social skill activity). Not only is this good practise for your students, but the letters will also encourage future help from people in your community.



Using Toilet Tissue

Objective: Student will be able to wipe self in an appropriate way after toileting.

Explanation: Often students wipe themselves in a way that spreads bodily wastes and encourages infections. This activity is designed to teach students how to clean themselves and maintain good hygiene.

Materials Needed:

- Rolls of toilet tissue in several different colours and fragrances
- Dolls (anatomically correct if possible)

Directions to Teacher:

Suggestion: You may have to separate the boys and girls for this activity. If that is inconvenient, make sure you, as the teacher, use a very matter-of-fact, calm voice. Show that this is a normal bodily function and not to be embarrassed about it, and that you will not allow off-colour remarks with your tone of voice and body language. The students will respond accordingly. Also, to be really graphic and make your point well, you can apply something like ointment on the doll's bottoms to show the students how to clean themselves thoroughly.

- 1.) Explain to the students the purpose of urination and bowel movements (to rid the body of waste or "trash"). Discuss with them the fact that just as we do not spread trash around everywhere, we also do not want to spread our body waste around everywhere. Point out to them the possibility of infection if we do not clean up trash.
- 2.) Using the dolls, demonstrate the correct way to wipe (emphasising front to back) in order to be clean and sanitary. Also demonstrate how a boy needs to cleanse his penis after urinating to stay healthy and eliminate body odour.
- 3.) Discuss why it is necessary to wipe oneself more than once to insure that the area is clean, especially after a bowel movement. Point out that the students may need to look at their toilet tissue after wiping to make sure they are clean.
- 4.) Have each student practise cleaning the doll. Use different fragrances, colours and textures of toilet tissue to keep the students interested in the activity.
- 5.) Provide the first person who demonstrates correctly how to clean the doll an opportunity to choose a favourite roll of toilet tissue. As others demonstrate the steps correctly, have them choose a roll.

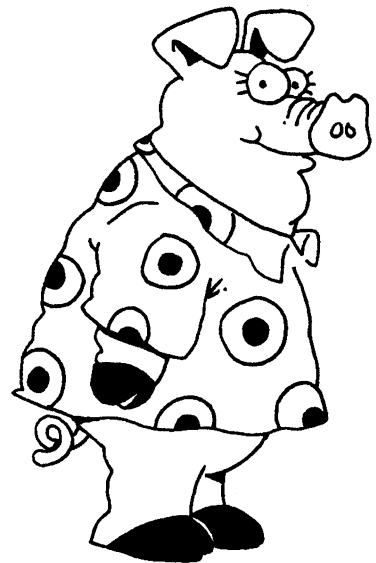
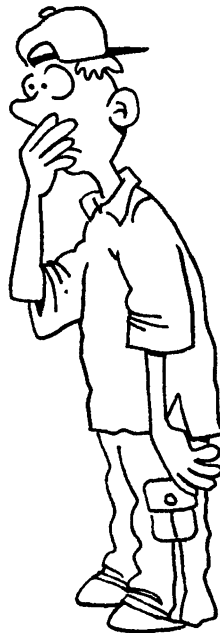
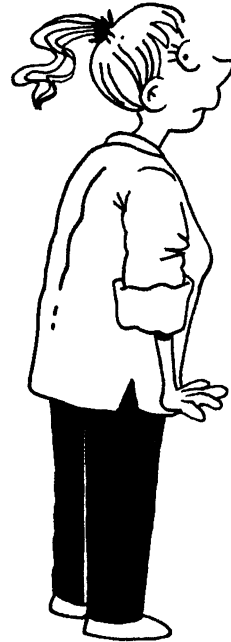
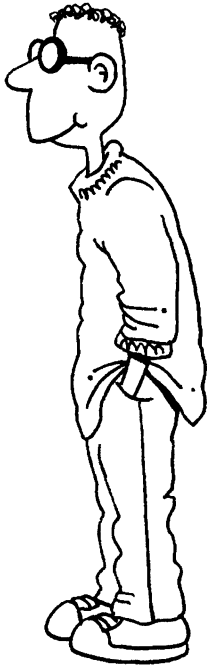


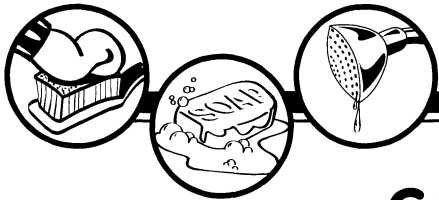
Name _____

Using Toilet Tissue—Lesson 2

Which Way?

Draw an arrow (➡) to point from front to back on each of the characters below.





Caring for Your Teeth

Objective: Student will be able to place the appropriate amount of toothpaste on a toothbrush in the correct way.

Explanation: Students often use too much or not enough toothpaste when brushing their teeth. This activity is designed to help students practise applying the correct amount of toothpaste to a toothbrush.

Materials Needed:

- Toothbrush and small tube of toothpaste for each student (Local dentists will often supply this free of charge.)
- Several tubes of uniquely flavoured toothpaste
- Old newspapers

Directions to Teacher:

- 1.) Demonstrate how to apply the appropriate amount of toothpaste to the toothbrush.
- 2.) Spread a sheet of newspaper on each student's desk.
- 3.) Give each student a toothbrush and a tube of toothpaste. Encourage the students to practise applying the correct amount of toothpaste to their brushes.
- 4.) When the students have completed this step successfully several times, reward them by offering them an opportunity to taste the unusually flavoured toothpastes.
- 5.) Encourage each student to use a favourite flavour to brush his or her teeth.

