

Module 4: I am ready!		Level: MLD/SEMH
Unit 4B: Different skills to help me achieve		Preparation for Adulthood: Employment
Lesson 4B1: Making sure I am clean		
Objectives	Learning Outcomes	
<p>To understand how personal hygiene can influence others' perception of you.</p> <p>To understand the importance of being clean and presentable in the workplace.</p>	<p>Students will:</p> <p>Recognise that maintaining good personal hygiene can positively affect how others view them.</p> <p>Understand that being clean and well-groomed is a key expectation in the workplace.</p>	
Activities	Resources	Assessment/Evidence
<p>Introduction: Explain the activities for the lesson and start with a discussion on the concept of personal hygiene and how it can affect the way people view you. Using the Jobs cards identify jobs and ask students to discuss why it is important to be hygienic in these roles.</p> <p>Personal Hygiene Role-Play: Split students into small groups and provide them with a scenario card. Encourage students to use props to act out their scenarios. After each role-play, use mirrors to help students observe and discuss how the hygiene practices affected the scenario. Discuss how different hygiene practices make a difference in how they are seen by others.</p> <p>Personal Hygiene Kit Creation: Provide students with a variety of personal hygiene items, such as toothbrushes, toothpaste, combs, deodorants, and hand sanitizers. Have students create their own "Personal Hygiene Kit" by selecting the items they believe are most important for maintaining cleanliness. Once they have assembled their kits, engage in a discussion about why they chose each item and how it can be used in their daily routine, especially in a work setting. Emphasise the importance of having these items readily available to ensure they are always clean and presentable.</p> <p>Workplace Hygiene Checklist: Explain the importance of maintaining good hygiene at work and how it affects professional relationships. Provide each learner with a 'Hygiene Checklist' that includes daily grooming tasks i.e. brushing teeth and washing hands. Invite students to work through the checklist using the props to practice the tasks. Provide support and guidance as students aim to do this. When complete, discuss how each task helps them look clean and presentable.</p> <p>Plenary: Briefly summarise the activities from the lesson. Ask students guided questions, such as 'What is one daily grooming task?' and 'How can we stay clean?.' Reinforce that being clean is important for making a good impression and maintaining professionalism in the workplace.</p>	<p>Provided:</p> <ul style="list-style-type: none"> • Work-Related Independent Living Task cards • Jobs I Can Do cards • Job Families cards <p>Materials Needed:</p> <ul style="list-style-type: none"> • Simple props • Mirror • Scenario cards for different hygiene situations • Hygiene products • Hygiene Checklist • Images to show workplace attire and grooming 	<p>Suggested mediums:</p> <p>Evidence sheets: Take photos/videos of the students working together and acting out their scenarios.</p> <p>Observation notes: Take notes whilst the students are role-playing their scenarios.</p> <p>Direct questions: Keep asking different questions throughout the lesson with prompts and pauses.</p> <p>Prompting Recall: Knowledge through minimal verbal instructions.</p> <p>Student planner: Lesson marked as introduced and dated.</p>
<p>Teacher Guidance Notes: Use engaging hands-on activities to keep the students engaged and interested in each task. Make sure each instruction is clear, precise, and short ensuring support is given when needed. Link each activity with real-life examples to show students these issues are relevant and develop understanding. Document each activity with multimedia evidence and observation notes. This approach uses interactive, hands-on, and engaging activities to emphasise the importance of personal hygiene and how it can impact them at work.</p>		