

KS4 Lifeskills Learning Organiser

Autumn 1

Personal Hygiene



Personal hygiene means keeping our bodies clean which promotes good health. For teenagers, it becomes especially important because of the physical changes you go through during puberty, such as increased sweating, oilier skin, and body odour. Here's a breakdown of why and how to maintain good hygiene:

1. Skin Care

Face Washing: Hormonal changes can lead to oily skin and acne. Washing your face twice a day with a mild cleanser can help prevent clogged pores and reduce breakouts.

Showering Regularly: Sweat and oil production increase during puberty. Showering daily, especially after sports or physical activity, helps to keep skin clean and removes bacteria that can cause body odour.

2. Dealing with Body Odour

Use of Deodorant/Antiperspirant: As your body produces more sweat, bacteria break it down, causing odour. Applying deodorant or antiperspirant daily can help manage this and keep you feeling fresh.

3. Hair Care

Washing Hair: Hair can become oilier during the teenage years, so it's important to wash it regularly to prevent it from looking greasy. The frequency depends on your hair type, but for most teens, washing every other day is effective.

4. Oral Hygiene

Brushing Teeth: Brush your teeth twice a day (morning and before bed) to prevent bad breath, tooth decay, and gum disease. Using floss daily is also important for removing food particles between teeth that brushing may miss.

Regular Dentist Visits: Regular check-ups with the dentist ensure that your teeth and gums stay healthy.

5. Handwashing

Preventing Germ Spread: Washing your hands with soap and water before eating, after using the bathroom, and after being in public places helps prevent the spread of germs and illness.

6. Nail Care

Trimming Nails: Keep your fingernails and toenails trimmed to avoid the buildup of dirt and bacteria under them. It also helps prevent infections and hangnails.

7. Clothing Hygiene

Clean Clothes: Wear clean clothes every day, especially socks and underwear, to prevent body odour and skin irritation. Change clothes after sports or sweating to avoid bacterial buildup.

By practicing good personal hygiene, you not only stay clean and fresh, but you also help prevent infections and feel more confident. It's an essential part of taking care of your body as you grow.

Word Bank

Personal Hygiene

Clean

Soap

Facewash

Toner

Moisturiser

Deodorant

Antiperspirant

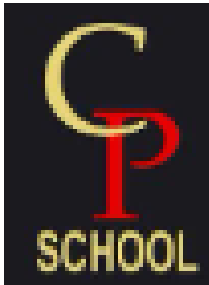
Shampoo

Conditioner

Oral

Dentist

Toothpaste



KS4 Lifeskills Learning Organiser

Autumn 2

Home Management



Home Management is how to organise, maintain, and run a household smoothly. For teenagers, learning these skills is important because it helps build independence and prepares you for adulthood. Here's an overview of what home management involves and why it's essential:

Chores and Housekeeping

Cleaning: Keeping your living space clean and organised is a key part of home management. Regularly tidying your room, doing laundry, washing dishes, and vacuuming help maintain a healthy, comfortable environment.

Organisation: Knowing where your things are saves time and reduces stress. Keeping school supplies, clothes, and personal items organized means you won't waste time searching for things.

Laundry Skills

Washing and Folding Clothes: Understanding how to sort clothes by colour, use the right water temperature, and operate the washing machine is essential. After washing, folding and putting clothes away promptly keeps your space tidy and your clothes wrinkle-free.

Meal Preparation

Basic Cooking Skills: Learning to cook simple, healthy meals is an important part of home management. It's not just about feeding yourself but also knowing how to plan balanced meals, use kitchen tools safely, and clean up afterward.

Meal Planning and Shopping: Planning meals for the week and helping with grocery shopping teaches you how to manage a budget, make healthy food choices, and avoid wasting food.

Budgeting and Money Management

Handling Money: Understanding how to manage money, whether from an allowance, a part-time job, or chores, is essential. It's important to learn how to save, spend wisely, and plan for future expenses.

Budgeting: A simple budget helps you track how much money you have, what you need to spend it on, and how much you can save. This is a valuable skill that will help you manage finances as an adult.

Home management helps you develop valuable life skills such as responsibility, organisation, and self-reliance. By learning these skills as a teenager, you prepare yourself for the future when you may have to manage your own home or living space.

Word Bank

Cleaning
Domestic
Laundry
Washing
Folding
Ironing
Clothes
Cooking
Shopping
Kitchen hygiene
Kitchen safety
Budget