



theOrb

Towards Independence Personal Care Routines: Sensory

Section A: Personal care



ASDAN links:

Towards Independence – Personal Care Routines: Sensory (TISM77)
Section A: Personal care, Activity 1

Skills development:

- Self Management
- Communication

Towards Independence

Personal Care Routines: Sensory

Section A: Personal care

Learner name:

Date:

Washing

Show things you use to help you look smart or keep clean.



Shower gel



Soap



Face wash



Face cloth



Cleansing wipes



Sponge



Deodorant

Other:

Other:

Towards Independence

Personal Care Routines: Sensory

Section A: Personal care

Learner name:

Date:

Hair care

Show things you use to help you look smart or keep clean.



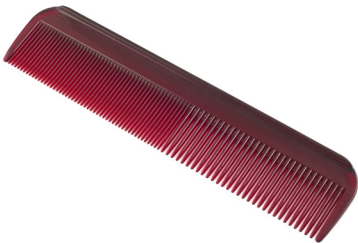
Shampoo



Conditioner



Brush



Comb



Hair gel



Hair spray



Hair dryer

Other:

Other:

Towards Independence

Personal Care Routines: Sensory

Section A: Personal care

Learner name:

Date:

Cleaning your teeth

Show things you use to help you look smart or keep clean.



Toothbrush



Electric toothbrush



Toothpaste



Dental floss



Timer



Mouthwash

Other:

Other:

Other:

Towards Independence

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Nail care

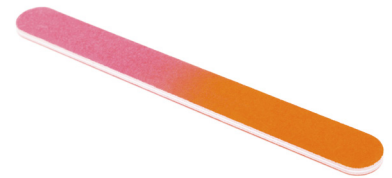
Show things you use to help you look smart or keep clean.



Nail scissors



Nail clippers



Nail file



Cuticle sticks



Nail polish



Nail polish remover



Nail buffer

Other:

Other:

Towards Independence

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Shaving

Show things you use to help you look smart or keep clean.



Razor



Electric razor



Shaving foam



Shaving gel



Shaving brush



Moisturiser



Aftershave

Other:

Other: