

## Communication/Multi-sensory Group: Health & Self-Care (hygiene)

### **Objectives:**

- To promote upper body, facial and oral awareness.
- To develop anticipation, preference, communication and independence.

**Resources:** Blanket (peek a boo), mirror, hairbrush, spoon (taste of choice), toothbrush/paste, 2 flannels (wet/dry), deodorant, hand cream.

**Start song:** Peek a boo, peek a boo, look whose hiding there, peek a boo, peek a boo, It's ??? (use blanket)

I look in the mirror and what do I see? Messy hair looking at me... I hold my hairbrush in my hand and take it to my head (use mirror/ hairbrush)

**Hair song:** This is the way I brush my hair, brush my hair, brush my hair, This is the way I brush my hair, brush, brush, brush.

I look in the mirror and what do I see? Tidy hair looking at me.

**Taste:** I hold my spoon in my hand and take it to my mouth (choose any taste)

I look in the mirror and what do I see? Dirty teeth looking at me... I hold my toothbrush in my hand and take it to my mouth (use mirror/ toothbrush)

**Teeth song:** This is the way I brush my teeth, brush my teeth, brush my teeth. This is the way I brush my teeth, brush, brush, brush.

I look in the mirror and what do I see - shiny teeth looking at me... OH but what a dirty face!

I hold my wet flannel in my hand and take it to my face (use mirror/wet flannel)

**Face song:** This is the way I wash my face, wash my face, wash my face. This is the way I wash my face, wash, wash, wash.

I hold my dry flannel in my hand and take it to my face (use mirror/ dry flannel)

**Face song:** This is the way I dry my face, dry my face, dry my face. This is the way I dry my face, dry, dry, dry.

I look in the mirror and what do I see? A nice clean face looking at me.

**Deodorant song:** This is the way I spray myself, spray myself, spray myself, this is the way I spray myself, spray, spray, spray.

**Hands song:** This is the way I cream my hands, rub my hands, cream my hands. This is the way I cream my hands, cream, cream, cream.

**Finish song:** It is time to finish now, finish now, finish now, it is time to finish now, finish now (Use Makaton if you can)