

## Communication – Self-care group

### Aims -

- To promote eye-contact
- To promote anticipation skills and initiation of communication through gesture, facial expression and vocalisation.
- To encourage indications of preferences – likes/dislikes of smells and tastes.
- To promote upper body, facial and oral awareness.
- To develop independence and self-care skills

### Programme

**Song** – Peek-a-boo, look who’s hiding there.

**Song** - I have two eyes so I can see, I have two ears so I can hear, I have two lips so I can sing, sing along with me. Two eyes 1- 2, two ears 1- 2, two lips 1- 2 sing along with me.

**Hair** - I look in the mirror and what do I see - messy hair looking at me.

I hold my hair brush in my hand and take it to my head.

**Song** - Brush upon my head, brush upon my head, give it a stroke, give it a stroke, brush upon my head.

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.

**Teeth** -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.

**Song** – This is the way I brush my teeth, brush my teeth, brush my teeth. This is the way I brush my teeth, side to side, up and down, move my toothbrush all around.

I look in the mirror and what do I see - shiny teeth looking at me.

I look in the mirror and what do I see – a dirty face looking at me.

**Face** - I hold my wet flannel in my hand and take it to my face - “ This is the way I wash my face, wash my face, wash my face. This is the way I wash my face down, down, down and up.

I hold my dry flannel in my hand and take it to my face – “This is the way I dry my face, dry my face, dry my face. This is the way I dry my face - down, down, down and up

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

**Lips** –Song - Round and round my lips I go, round and round my lips I go. Round and round my lips I go, just like this.

**Hands – Song** - These are my hands Dilly, Dilly, these are my hands. Stroking my hands Dilly Dilly stroking my hands,

**Song** – Cream upon my hands, cream upon my hands, give them a stroke give them a stroke, cream upon my hands.

**Song** -It is time to finish now, finish now, finish now. It is time to finish now, finish now.

### **Resources**

Individual box per child with labelled resources – toothbrush, toothpaste, 2 flannels, hairbrush, mirror, 2 spoons, cup of water

Choice of tastes

Handcream

Vaseline