

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), lip balm, hand cream.

Programme:

Start song: Peek a boo, peek a boo, look whose hiding there, peek a boo, peek a boo, Its ??? (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: 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 (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 ... 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... 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, down, down, down and up.

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, 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 (use mirror/ lip balm)

Hands song: Cream upon my hands, cream upon my hands, give them a stroke, give them a stroke cream upon my hands (use hand 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)