

## Core Skills Analysis

### Life Skills

- Saskia has developed an understanding of personal hygiene importance, which promotes her overall health and well-being.
- Through the process, she learned the sequence of steps needed to wash her hair, correlating to time management and following routines.
- Saskia practiced fine motor skills by manipulating shampoo bottles and applying products, enhancing her dexterity.
- She also learned about the appropriate amount of products to use, fostering decision-making skills related to personal care.

### Science

- The activity introduced Saskia to basic chemistry, as she learned how shampoos and conditioners affect hair and scalp health.
- She explored the concept of water's role in cleaning, gaining insights into how dirt and oils are removed from surfaces.
- Saskia likely noticed the pH balance in hair care products, leading to an understanding of why specific products are chosen for different hair types.
- Through experimentation, she could document the outcome of different hair washing techniques and their impact on how her hair feels and looks.

### Tips

To further enhance Saskia's learning experience, I recommend integrating discussions about the ingredients in shampoos and conditioners, fostering her critical thinking about personal care choices. This can involve exploring the science behind why some ingredients are beneficial versus harmful, allowing her to make informed decisions about products she uses. Additionally, introducing concepts of biodiversity in hair care by exploring natural alternatives can deepen her understanding and skills in this area. Regular reflection on her experiences after hair washing can promote self-assessment and encourage further independence.

### Book Recommendations

- [The Hair Book](#) by Laurel L. Johnson: A fun exploration of all types of hair, teaching kids about textures, styles, and care with engaging illustrations.
- [Let's Talk About Hair](#) by Tracey E. McDaniel: This book provides a child-friendly guide discussing the importance of hair care while promoting self-esteem and diversity.
- [Practical Life Skills: Caring for Yourself](#) by Hannah Dalton: An informative resource focused on essential life skills, including personal hygiene practices, designed for young readers.