

Objective

By the end of this lesson, the student will have a better understanding of basic health and beauty principles, including skincare routines, nutrition for beauty, and the importance of self-care practices. The student will also create their own personalized skincare product and develop a simple beauty routine they can follow.

Materials and Prep

- Notebook and pen for notes
- Natural ingredients for a DIY skincare product (e.g., honey, olive oil, sugar, essential oils)
- Small containers for mixing and storing the skincare product
- Access to a mirror for beauty routine practice
- Internet access for research (if needed)

Before the lesson, familiarize yourself with basic skincare ingredients and their benefits. Prepare a clean workspace for the DIY activity.

Activities

- **Skincare Routine Research:**

The student will research different skincare routines suitable for their skin type. They will take notes on key steps and ingredients that are beneficial for their skin.

- **DIY Skincare Product Creation:**

Using the natural ingredients provided, the student will create a simple skincare product, such as a sugar scrub or a moisturizing face mask. They will document the process and the benefits of each ingredient used.

- **Self-Care Reflection:**

The student will spend some time reflecting on their current self-care practices. They will write down what they currently do for self-care and how they can improve or add to their routine.

- **Beauty Routine Practice:**

In front of a mirror, the student will practice their new beauty routine, incorporating the skincare steps they researched. They can also practice applying makeup if they are interested.

Talking Points

- "Skincare is not just about looking good; it's about feeling good in your own skin!"
- "Did you know that what you eat can affect your skin? Foods rich in vitamins, like fruits and vegetables, can help you glow!"
- "Creating a skincare routine can be fun! It's like a little ritual you do for yourself every day."
- "Self-care is important for mental health too. Taking time for yourself helps reduce stress!"
- "Always remember to patch test any new product you make to avoid any allergic reactions."