

## Objective

By the end of this lesson, the student will learn basic life skills such as personal hygiene, simple cooking, and how to organize their space. They will gain confidence in taking care of themselves and their environment.

## Materials and Prep

- Soap and water for handwashing demonstration
- A small kitchen space for cooking activities (like a microwave or stove if available)
- Ingredients for a simple recipe (like a sandwich or fruit salad)
- Cleaning supplies (like a cloth or sponge)
- Paper and crayons for drawing or writing

Before the lesson, make sure to prepare the cooking area and gather all necessary materials. Ensure safety measures are in place for any cooking activities.

## Activities

### • Handwashing Song:

Start with a fun handwashing song! Teach the student to wash their hands while singing a catchy tune for at least 20 seconds. This helps them remember how to keep their hands clean.

### • Cooking Together:

Choose a simple recipe, like making a sandwich or a fruit salad. Involve the student in each step, explaining what you're doing and why it's important to know how to prepare food.

### • Clean-Up Race:

Turn cleaning up into a game! Set a timer and see how quickly the student can tidy up their space. This makes cleaning fun and teaches them to keep their area organized.

### • Drawing Your Day:

Ask the student to draw a picture of their day, including the activities they did to take care of themselves. This helps them reflect on what they learned.

## Talking Points

- "Washing our hands helps keep us healthy! Can you sing a song while we wash?"
- "Cooking is a fun way to take care of ourselves. What do you like to eat?"
- "Cleaning up can be a race! Let's see how fast we can put things away!"
- "Drawing helps us remember what we did today. What was your favorite part?"
- "Taking care of ourselves is important. How do you feel after washing your hands?"
- "Learning to cook means you can make your own meals. What would you like to learn next?"
- "Keeping our space clean helps us find things easily. What do you think is the best way to organize?"
- "Every small step we take to care for ourselves is important! What will you do tomorrow to help yourself?"