Objective

By the end of this lesson, the student will understand the basics of nail technology, including nail anatomy, basic nail care techniques, and simple nail art designs. The student will also gain confidence in their ability to practice nail care and creativity.

Materials and Prep

- Nail clippers
- Nail file
- Cuticle pusher
- Moisturizing lotion
- Base coat and top coat nail polish (any colors available)
- Cotton balls or pads
- Nail art tools (toothpicks, dotting tools, etc.)
- Paper and pencil for notes

Before starting the lesson, ensure all materials are clean and ready for use. Familiarize yourself with the basic rules of hygiene when working with nails.

Activities

- **Nail Anatomy Exploration:**

  Learn about the different parts of the nail, including the nail bed, cuticle, and lunula. Use a diagram to label each part and discuss its function.

- **Basic Nail Care Routine:**

  Practice a simple nail care routine that includes clipping, filing, and moisturizing. Discuss the importance of each step and how it contributes to healthy nails.

- **Simple Nail Art Designs:**

  Experiment with nail polish to create fun designs. Use dotting tools or toothpicks to make dots, stripes, and other patterns. Encourage creativity and personal expression!

- **Nail Care Journal:**

  Start a journal to track nail care routines and designs tried. Include notes on what worked well and what could be improved for next time.

Talking Points

- "Did you know that nails are made of a protein called keratin? It's the same stuff that makes up our hair!"
- "Taking care of your nails is important because it can prevent infections and keep them looking great!"
- "What do you think happens if you skip moisturizing your cuticles? They can get dry and cracked!"
- "Nail art is a fun way to express your personality. What colors or patterns do you like?"
- "Always remember to use a base coat before applying color. It helps the polish stick better and protects your nails!"
- "Did you know that nail polish can chip if you don't seal it with a top coat? It's like putting a

protective shield on your nails!"
- "What are some fun designs you can think of to try on your nails? Let's brainstorm some ideas!"
- "Remember to clean your tools after each use. Keeping everything tidy is part of being a great nail tech!"
- "How do you feel about trying different nail shapes? Each shape can give a different look!"
- "Nail care can be relaxing, just like a spa day. What do you think makes it feel so calming?"
- "If you make a mistake while painting, it's okay! You can always fix it or try something new!"
- "Nail technology is a creative field. Who knows, maybe one day you could open your own nail salon!"