**Ideas for Life Skills**

**Personal Healthcare Skills:**

* Hygiene Routine
  + Brush teeth twice daily
  + Floss once a day
  + Shower or bath once daily
  + Wash hair regularly
  + Wash hands regularly
  + Shave regularly
  + Brush hair at least once a day and get a regular haircut
  + Clip and groom their fingernails and toenails once a week
  + Take care of any injuries as they happen and until they are healed
  + Use personal hygiene products correctly, including deodorant, feminine hygiene products, facial acne cleansers, etc.
  + Wear clean clothes and change underclothing daily
* Healthy Habits
  + Get an adequate amount of sleep
  + Eat healthy foods and limit junk food and sodas
  + Exercise regularly
  + Develop healthy strategies to handle stress
  + Enjoy social interactions as well as alone time
  + Exercise the brain by doing puzzles and reading

*Resources and standards have come from the Education Dept. of Indiana, Education Dept. of Georgia, the American Association of Family and Consumer Sciences, the American Red Cross, Josephson Institute, and UCLA.*