**Personal Healthcare Skills**

**Possible Standards for this Course…**

* 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