**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