

**Lesson:
Day of Beauty**

**Length of lesson:
1 Hour**

Materials:

- **Multiple Guest Speakers from different beauty professions**
- **Visual Props**

Discussion Summary:

Practicing good hygiene can be fun when you're doing things to make yourself feel good about the way you look and feel about yourself. With positive role models, hands on lessons, and new beauty tips, the hygiene session is a fun and positive experience in beauty practices for the girls. Instead of hygiene being an embarrassing or awkward subject to talk about, turn it into a glamorous day in beauty with take away items, fun snacks, and guest speakers!

Discussion Questions:

- **How does the way you feel on the outside affect the way that you feel on the inside?**
- **What are your favorite beauty techniques?**

1. Begin by explaining why hygiene is so important. Elaborate that feeling your best is great for self-esteem and has a positive impact on how you feel throughout the day. Practicing good hygiene also contributes to keeping your body healthy. Make sure and remind the girls that being beautiful doesn't always have to include fancy make up or press on nails, it can also be as simple as the way you are taking care of your natural self in order to keep yourself healthy.

2. Invite 5-6 guest speakers to make this session the most effective. Each guest speaker can be a specialist or have knowledge in hair styling, face washing, nail upkeep, skin or makeup and dental care. Introduce each speaker briefly and let them take turns teaching different techniques to maintain a healthy, clean appearance.

3. Let each guest speaker take turns explaining the proper practice of each hygienic method as well as give tips and teach the girls more about the subject. Provide volunteers with visuals to show the girls as well as plenty of examples.

4. Handout the hygiene worksheet for the girls to take notes and remember a few tips.

5. If possible find donations or buy some take away items for the girls such as travel sized deodorants, lotions, toothbrushes, floss, etc.

6. In between guest speakers allow the girls to stay engaged by running quick games, stretches or raffles.

Hygiene Practices

Remember it's about feeling your best!

1. Shower: With our young active lifestyles, it is essential to shower daily. Keep in mind that even if you don't feel so "dirty" there are oils and dead skin cells along with other dirt and bacteria that are not easily seen that need to be washed.

- Remember to always use a wash cloth or exfoliate to clean your body.
- Don't forget your hot spots!
- Shaving is optional. If you prefer to shave, avoid shaving every day to prevent razor burn. Don't forget to use a shaving gel.
- Depending on your hair type, hair washing should occur 1-3 times per week. For course, thick hair, less often to avoid losing too much moisture. For thin, straight hair, shampoo more often to avoid oils building up.
- Always follow shampooing with a moisturizer or a conditioner.

2. After Shower:

- Moisturize! To prevent dry, itchy skin put lotion all over your body. Keeping your skin moisturized should happen regardless if your arms or legs are showing.
- Deodorize: Always use deodorant or powder. If needed, keep a small deodorant in your backpack to use throughout the day as needed.

3. Teeth Brushing and Flossing:

- Brush and floss every morning before leaving the house and every night before going to bed.
- Floss in between your gums at least once every day!

4. Face Washing:

- Remember your t-zone!
- Exfoliate to control blemishes

5. Hair:

- Hair should be thoroughly combed daily to prevent too many tangles
- If you have course hair, apply moisture every day.
- NO matter the hairstyle, hair should be clean.

6. Nails:

- Nails should be clear of dirt and neatly filed.
- If nails are polished and the polish chips, remove or repair.

Before I leave the house checklist:

- Did I shower?
- Do I have on deodorant?
- Do I have lotion on my legs and arms?
- Is my hair neat?
- Is my face clean?
- Is there any dirt under my fingernails?
- Do I feel good when I look at myself in the mirror?

