
UNIT: GROOMING**TOPIC: Grooming**
TIMELINE: 2-3 days

OBJECTIVES:

After completing this unit the student will:

1. Explain the importance of proper hygiene.
2. Explain the importance of grooming and job performance.
3. Identify specific methods of good grooming.
4. Explain how self concept is influenced by grooming habits.

MOTIVATOR/INTRODUCTION:

UNGROOMED TEACHER--The teacher should come to class displaying poor grooming techniques such as wrinkled clothing, disheveled hair, strange clothing that is unmatched, poor posture, etc. Discuss the feelings of the class and their perception of the teacher that day. Does appearance make a difference? Then the teacher should rearrange clothing or slip wrinkled clothing off to show a well-coordinated outfit. Discuss:

- a. The relationship between cleanliness and good looks.
- b. The meaning of hygiene.
- c. How to improve the appearance of your skin.
- d. Proper care of clothing for a better appearance.
- e. The relationship between self-concept and grooming.
- f. How grooming practices affect your ability to obtain and keep a job.
- g. The importance of good posture (demonstrate different types of posture you see in students each day).
- h. The role of name brand clothing.

INFORMATION:

1. QUIZ--Have the students complete the oral quiz. Discuss each answer with the students. (see page 4)
2. DISCUSSION--Place the following headings on the overhead or chalkboard:
SEVERAL TIMES A DAY DAILY SEVERAL TIMES A WEEK WEEKLY OCCASIONALLY

Have students complete ideas under each heading. Examples: dental check-up, using deodorant, physical check-up, brushing teeth, use mouthwash, use dental floss, take bath or shower, shampoo hair, comb and brush hair, wash hands, wash face, etc.

GROOMING OVERVIEW CONTINUED

GUEST SPEAKERS:

There are many people in the community who could be utilized to enhance this unit: a dental hygienist or dentist, nurse, beautician, nail technician, physical fitness instructor, doctor, or dermatologist. This would be a good time to allow students to ask questions they are interested in and inquire concerning certain problems they are experiencing. You may want to have a question box available so that the students can ask questions anonymously and avoid possible embarrassment in front of their peers. This is also a prime time to emphasize careers related to this topic.

INDIVIDUALIZED ACTIVITIES:

1. THE IMPORTANCE OF YOU--A SPECIAL INDIVIDUAL--Have students read the information and complete the crossword puzzle. (page 5-11)
2. DEAR SHABBY--Have students select three of the letters to "Dear Shabby" and find the answers to the problems by reading in text books, pamphlets, talking to experts, etc. (page 12)
3. GROOMING GOALS--Have students complete a goal setting worksheet. They must select one goal in each area to improve their personal grooming habits. Areas include: posture, skin, hair care, body cleanliness and odor, teeth, hands and feet, clothing. Have them keep a record for two weeks of their progress, noting each day if they remembered to change their targeted habits. (page 13)
4. LABELS--Have students collect pictures of various types of people. They should mount the pictures on a paper and write below what the appearance of the person portrays. (page 14)
5. GOOD GROOMING COUNTS--Have students complete the worksheet dealing with grooming and job performance. (page 15)

GROUP ACTIVITIES:

1. GROOMING ANALYSIS--Collect 15 pictures of people who are poorly groomed and who are well groomed. Have students rate these pictures, explaining how they would correct the poorly groomed people. (It would be a fun class activity to make the pictures into slides and discuss them as a class.) (page 16)

GROOMING OVERVIEW CONTINUED

2. GROOMING DAY--Have a grooming day, (like show and tell), where students can do any of the following:
 - a. Model an outfit they really like and explain why they feel good in it.
 - b. Model an outfit they think is not appropriate and explain what is wrong with it.
 - c. Show a grooming product and explain whether it is useful or not, giving reasons for their opinion.
 - d. Display a grooming collage centered around a theme such as, How to Look Your Best or Pitfalls in Grooming. (page 17)

CHALLENGE PROJECTS:

1. MAGAZINE ARTICLE--Write a magazine article on one grooming topic. The article should explain good grooming practices for this particular subject, as well as problems that can be overcome. Subjects include: hair, skin, teeth, posture, hands, feet, exercise, sleeping habits, dress, or facial care. Be sure to title the article and include all pertinent information. Articles could be compiled and a class grooming magazine produced. (page 18)
2. CLEANING OUT--Have students clean out their closets and clothing drawers. They should give away clothing that no longer fits, repair clothing in need of care, and assess if clothing fits correctly, etc. (page 19)

SUMMARY:

RESOURCES:
