

Lifeskills (children ages 5-9) Week #1: Taking Care of Yourself

Hygiene:

What is hygiene? Hygiene is healthy practices that maintain your health and prevent you from illness, especially through cleaning. (I have included many worksheets on healthy hygiene habits so take a look through and complete the optional activities)

Self-Awareness & Self-Advocacy:

What is self-awareness? Self-awareness means that you know about yourself, meaning you know what you enjoy, what you are good at and what you need to practice more, and what you like and do not like. Let's talk about you:

What are some things you are good at? _____

What are some things you need to practice more (improve)? _____

What are some things that you like to do? Why do you like to do those things? __

What are some things that you do not like to do? Why do you not like to do them? _____

What are some things that are important to you? Why are they important to you?

What is Self-advocacy? Self-advocacy is making choices for yourself because of your needs and/or ideas. Let's see some examples:

Places and/or situations I might need to self-advocate:	Something I need to know about myself <i>before</i> I can self-advocate
---------------------------------------------------------	-------------------------------------------------------------------------

After playing hard	I need to identify my feelings: tired, hungry, cranky. I need to appropriately communicate my needs/request. Ex. "Mom, I'm hungry. May I have a snack?"
Playdate	If you are working hard on building something with the building blocks and you need a special piece but your friend is keeping it to their self then you can ask, "Can I please use that block? I need it for my building."
Restaurant	Order your own food. You can ask your parent, "May I please get my hamburger without any lettuce or tomato, please?"
Getting Dressed	You can dress yourself and maybe you want to learn new things to do independently so you can tell your parents you want to start picking out your own clothes so can they please help you with that. Learning new things that means that you will need help in the beginning but don't worry, soon you'll be doing it on your own.
(What else can you think of?)	

It is important to be mindful of ourselves. Some questions to ask yourself:

How am I feeling? (ex. happy, excited, scared, frustrated, sad, angry, sick, tired)

What is my body doing? (ex. stomach tense up, feeling hot, etc.)