

# Lesson Topic: Showering

## Suggested Time

25-30 minutes

## Objectives/Goals

The student(s) will be able to:

1. Discuss why it is important to shower or bathe
2. List items needed before, during and after a shower or bath
3. Demonstrate each step of taking a shower

## Materials

- Soap or body wash
- Washcloth or shower puff
- Towel(s)
- Shampoo and conditioner
- Deodorant
- Brush or comb
- Computer/tablet to watch the video(s)
- Paper and writing tool
- Showering Checklists (*included*)
- Bathmat (*optional*)
- Razor and shaving cream (*optional*)
- Robe (*optional*)
- Toenail clippers (*optional*)

## Guided Practice

### 1. Introduce the lesson.

- a. Today we are going to talk why it is important to take a shower or bath and put on clean clothes. It's important even when you don't leave the house.
- b. We will also discuss what items are needed to take a shower or bath.
- c. We will practice taking a shower.

### 2. Watch the video on showering.

*It is around 9 minutes long. Review the discussion points from the video.*

### 3. Discuss why it is important to shower or bathe.

*List the reasons on paper if you choose.*

- To remove dirt
- To stay healthy and remove germs
- To smell good and remove odors
- To feel clean, refreshed and good about yourself

**4. Discuss why it is important to shower or bathe even if you don't leave the house.**

*List them on paper if you choose.*

- To stay healthy and remove germs
- To smell good and remove odors
- To feel clean, refreshed and good about yourself

**5. Discuss the items needed to take a shower or bath.**

*List the items on paper if you choose. Items may be ones you have on-hand.*

- Soap or body wash
- Washcloth or shower puff
- Towel(s)
- Shampoo and conditioner
- Deodorant
- Brush or comb
- Clean clothing and undergarments
- Bathmat (*optional*)
- Razor and shaving cream (*optional*)
- Robe (*optional*)
- Toenail clippers (*optional*)

**6. Review the steps to get ready to shower.**

*Follow the Showering Checklists, and perform the following steps in a bathroom.*

- a. Place clean towel(s) and clothing in the bathroom.
- b. Place items in the shower within easy reach, i.e. washcloth, shampoo, body wash, etc.
- c. Place bathmat on the inside or outside of the tub if you choose.
- d. Turn on water and adjust to desired temperature, making sure it's not too hot.
- e. Remove clothing and neatly fold it in the bathroom.

**7. Review the steps for washing hair and body once in the shower.**

*Follow the Showering Checklists, and perform the following steps in a bathroom. The order of the steps may be adjusted for personal preference.*

- a. Step into the shower and wet hair and body.
- b. Squeeze about a quarter size amount of shampoo into your hand and rub shampoo into hair until it's thoroughly covered in shampoo.
- c. While keeping eyes closed, rinse hair thoroughly until all soap is removed.
- d. Repeat the step with conditioner if you choose.
- e. If using bar soap, rub the bar on a washcloth to lather it up, then rub the washcloth all over your body. If using body wash, squeeze a dime size amount onto a shower puff, make lather and rub all over your body. Make sure to wash your face, under arms, private areas, legs and feet.
- f. Rinse your body thoroughly until all soap is removed.
- g. Turn off water.

**8. Review post-shower steps.**

*Follow the Showering Checklists, and perform the following steps in a bathroom.*

- a. Stay in the shower while you dry off your hair and body.
- b. Once dry, step out of the shower/tub and onto a bathmat.
- c. Comb or brush hair.
- d. Apply deodorant.

- e. Put on a robe or clean clothes before leaving the bathroom.
  - f. Place dirty clothing and towel in a laundry basket.
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## Optional Discussion Topics

### Toenail Care

Participants are usually unclear why they should keep nails clean and trim and how to keep them clean, as well as the proper way to cut fingernails and toenails. If these topics are raised, it would be important to review directly with participants the importance and reasons why nail hygiene must be done, as well as provide visual tips and instructions on how to clean and trim nails. The following websites provide additional information.

- **Reasons for Nail Hygiene**  
[prestigeahcs.com/6-reasons-why-you-should-trim-your-nails-regularly](http://prestigeahcs.com/6-reasons-why-you-should-trim-your-nails-regularly)
- **Toenail Trimming Video**  
<https://www.youtube.com/watch?v=ltwsqXhO-Jk->

### Shaving

1. Discuss how males usually shave their face and neck, and women usually shave their legs and armpits.
2. Introduce items used to shave i.e. electric or safety razor and shaving cream or gel.
3. Watch the HRC video on shaving and/or demonstrate how to shave (or simulate how to shave if you are the opposite sex of the student).
4. Closely watch the student shave until you feel they are ready to do so safely on their own.