

Home Living Activities: Personal Hygiene Skills



- Recognizes dirt
- Recognizes soap and washcloth
- Turns on and off the water
- Washes hands and face
- Dries hands and face
- Recognizes toothbrush and toothpaste
- Holds a toothbrush
- Squeezes toothpaste on toothbrush
- Brushes teeth
- Rinses after brushing teeth
- Flosses teeth
- Recognizes a hairbrush and comb
- Brushes or combs hair
- Blows nose and disposes of Kleenex
- Wipes face when eating
- Recognizes/manages menstrual cycle
- Takes a bath or shower
- Shampoos/rinses hair
- Shaves
- Cleans/clips nails
- Wears deodorant

