

C. Personal Appearance and Hygiene

Advanced

Knows how to use appropriate stain removal techniques for different types of stains	“Looking Good” M-3, M-3a, M-3b, M-4
Knows how to wash clothes using appropriate temperatures, amount of soap, bleach, etc.	“Looking Good” M-4, M-4a, M-5
Knows how to dry clothes in dryer using appropriate settings	“Looking Good” M-4, M-4a, M-5
Knows the cost of and how to budget money for special hair/nail care	“Looking Good” M-6b
Knows how to iron clothes if needed	“Looking Good” I-6
Knows appropriate clothing to wear for all occasions	“Looking Good” I-1, I-1a PAYA Module 2 pg. 11



STAIN PRESCRIPTIONS

Decide how to treat the following stains. Complete the chart below. You can describe or demonstrate.

<u>STAIN</u>	<u>MATERIALS NEEDED</u>	<u>STAIN REMOVAL METHOD</u>	<u>SUCCESS DESCRIPTION</u>
Chocolate			
Cola			
Grass			
Gum			

Rx STAIN PRESCRIPTIONS

Decide how to treat the following stains. Complete the chart below. You can describe or demonstrate.

<u>STAIN</u>	<u>MATERIALS NEEDED</u>	<u>STAIN REMOVAL METHOD</u>	<u>SUCCESS DESCRIPTION</u>
Lipstick			
Coffee			
Crayon			
Other			



WHO WINS THE LAUNDRY GAME?



The objective of this game is to learn how to remove stains from fabrics.

Divide group into two teams.

Create a name for each team.

Create index cards with the names of stain problems listed below:

mustard	meat	lipstick	milk	egg
blood	nail polish	rust	coffee	cola
ice cream	chocolate	ink	candle wax	orange juice
vomit	grease	deodorant	mildew	mud

Create another set of index cards with stain removal processes listed along with the name of stain to be removed.

Set rules for time allowed to give the answer to removal process of the chosen stain card.

Team #1 draws a card from the pile of stain problem index cards.

Team #2 explains how to treat the stain. (One point is scored for a correct answer.)

Team # 2 then draws a card from the pile of stain problem index cards.

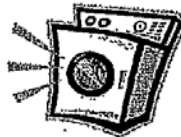
Team # 1 explains how to treat the stain. (One point is scored for a correct answer.)

Alternately draw a card from the pile of stain problems. The one with the most points for correct answers **WINS!**

SCORE SHEET

Team # 1

Team # 2



I DID THE LAUNDRY!

Help do the laundry at home or at a Laundromat.

Check off the items that were accomplished:

- Read the labels and analyzed the fabrics.
- Sorted the items by color and fabric.
- Prepared pieces for washing.
 - emptied pockets
 - closed zippers and hooks
 - knotted belts, strings, and long stockings
 - brushed lint from cuffs and pockets
 - repaired holes or tears
 - removed trims that could fade
 - turned inside out: permanent press garments with creases or prints, knits, jeans

Removed stains

Type of stain #1: _____
 Prechecked stain remover on unseen part of garment? _____ (yes or no)
 Process and products used: _____

Type of stain #2: _____
 Prechecked stain remover on unseen part of garment? _____ (yes or no)
 Process and products used: _____

Type of stain: #3 _____
 Prechecked stain remover on unseen part of garment? _____ (yes or no)
 Process and products used: _____

Washed clothes and linens

Load #1	Water temperature _____	Type of products _____
Load #2	Water temperature _____	Type of products _____
Load #3	Water temperature _____	Type of products _____
Load #4	Water temperature _____	Type of products _____

Garments that were hand laundered: _____

Dried and ironed items

Used dryer (Drying temperature of cycle _____)
 Line dried
 Ironed items

Folded items

Put items away

Handled correct money if using a Laundromat.

Problems I had: _____

Name of person observing _____ Date accomplished _____



LAUNDRY PROCESS



How do you wash a pair of 100% cotton blue jeans?
 (The jeans are stained with oil and grass.)
 The label reads:

Check the correct wash load to use:

- white and colorfast
- light colors
- dark colors
- fluorescent colors
- hand painted, tie dyed, block print
- machine washable wool
- permanent press, synthetic
- terry cloth, lint creators
- hand washable, loosely knit, lacy knits

Prepreparation steps:

Stain removal process:

Washing products that can be used:

- chlorine bleach
- oxygen bleach
- enzyme presoak
- all-purpose detergent
- light duty detergent
- soap
- wool cleaners
- laundry detergent

Water temperature to use for washing:

- cold warm hot

Water temperature to use for rinsing:

- cold warm hot

Agitation speed:

- slow medium fast

Drying process:

Ironing:

- Necessary Not necessary

Iron temperature:

How do you wash a machine washable wool?
 (There is a tomato sauce pizza stain on the front.)
 The label reads:

Check the correct wash load to use:

- white and colorfast
- light colors
- dark colors
- fluorescent colors
- hand painted, tie dyed, block print
- machine washable wool
- permanent press, synthetic
- terry cloth, lint creators
- hand washable, loosely knit, lacy knits

Prepreparation steps:

Stain removal process:

Washing products that can be used:

- chlorine bleach
- oxygen bleach
- enzyme presoak
- all-purpose detergent
- light duty detergent
- soap
- wool cleaners
- laundry detergent

Water temperature to use for washing:

- cold warm hot

Water temperature to use for rinsing:

- cold warm hot

Agitation speed:

- slow medium fast

Drying process:

Ironing:

- Necessary Not necessary

Iron temperature:



Washing Things by Hand. . .

Demonstrate or explain how to hand wash the following items:

WOOL SWEATER:

Product used:

Temperature of water:

Process of agitation:

Rinse process:

Drying process:

Other information:

SILK SHIRT:

Product used:

Temperature of water:

Process of agitation:

Rinse process:

Drying process:

Ironing process:

Other information:



GROOMING COSTS



When figuring budgets, costs of grooming can come as a surprise. The chart below will help to:
 *analyze your personal grooming costs *consider alternatives for cutting costs

GROOMING SUPPLIES I USE	COST	ALTERNATIVE
Hair (shampoo, mousse, conditioner, etc.)		
Face (soap, make-up, razor, lotion, medication, etc.)		
Body (lotions, deoderants, perfumes, soaps, etc.)		
Mouth (toothpaste, mouthwash, dental floss, etc.)		
Hands (nail polish, lotion, cleaners, creams, etc.)		
Professional help (hair cuts, permanents, etc.)		
Other things:		



Sharing Clothing Experiences



(Find one person who had one of the following clothing experiences. Have the person sign his/her name beside the item. Discuss the results.)

Made a poor clothing buy.
Bought a piece of clothing that doesn't fit well..... and it's supposed to!
Planned ahead for clothes needed for my job. Spent too much for an item that I wanted badly, then found it on sale at 50% off the next week.
Chose an item because it looked good on someone else.
Chose a piece of clothing because of a TV character.
Can read clothing labels.
Buy my clothes only because of the latest style.
Love fad clothes.
Buy only comfortable, loose clothes.
Only buy bargains.
Buy clothes for their sex appeal.
Hate to dress up.
Only wear jeans.
Own a good suit.
Never wear a tie.
Have a basic color that builds my wardrobe.
Have hemmed a skirt or pair of pants.
Buy only basic styles that will last a long time.
Have had a color analysis.
Have made a clothing budget.
Know how to iron a men's dress shirt.
Know how to wash a wool sweater.
Can judge the fit of a good suit.
Had a laundry problem at a Laundromat.



.... AT CLOTHING MESSAGES

Define what you think a "clothing message" is.

List reasons why people judge by personal appearance as well as clothing.

LOOK Sit in a mall for at least 15 minutes to watch people. Take a small note pad and make the following observations using few words. List messages given by clothes and clues for your reaction. (i.e.

	<u>Message</u>	<u>Clues</u>
#1	Sexy, female	Tight shirt and pants, heavy make-up
#2	Rich, boss	Suit, tie, neat)

OR



Turn on the television! Turn off the sound! Watch for an hour or so and consider what you see. Observe the type of clothing and the messages sent by the clothes and grooming. Describe the messages and clues in a few words. Observe: Newscasters, weather men, sports announcers, teens, persons advertising products, game show hosts, actors, actresses.

(i.e. <u>Person</u>	<u>Message</u>	<u>Clues</u>
Newscaster	Professional, businesslike	Suit, tie, well groomed
Weatherman	Informal, friendly	Sport shirt)

QUESTIONS TO CONSIDER:

1. Could you tell the type of audiences that advertisers were trying to sell to by the clothing messages?
2. Are the messages sent by clothing always correct?
3. Do clothes sometimes become barriers when trying to communicate? How?
4. What type of clothing should be worn for a job interview?
5. How can a person find out about appropriate clothing for different situations?
6. How are clothing choices affected by values, attitudes, conformity, individuality, and personality?

Evaluate what you are wearing today.

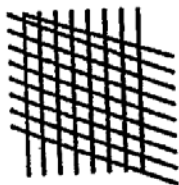
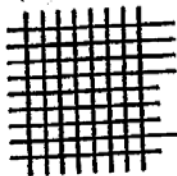
1. What messages does your clothing give?
2. What clues do people have to make the judgment?
3. Are you giving the real message of who you are?
4. For what type of environment is your clothing appropriate?
5. Would a communication barrier be put up with what you are wearing in a different environment?
6. What messages of your values, attitudes, individuality, and personality are you giving?
7. What clothes would be appropriate for interviewing for an office job? A construction job?



WHAT CAUSES WRINKLES WHEN YOU IRON?

Woven fabric is made of threads that are woven over and under each other in different patterns. If the threads are at perfect right angles to each other, the fabric is considered "on grain." Clothes are designed and sewn so the threads are hanging straight up and down when they are worn. This makes clothes hang straight without sagging and wrinkles.

If the threads are pulled at an angle, they will stretch. When an iron forces the threads in the wrong direction, (not with the "grain"), wrinkles form. This is one of the reasons why clothes can be wrinkled when they are ironed.



Look at the clothes you are wearing to see how the threads form. You can also look at a piece of fabric and pull to see the threads go "off grain." (Note that this is not true of knitted fabrics. They are formed by loops.)

When you iron, move the iron with the "grain" so the threads do not stretch and cause wrinkles.

IRONING A GARMENT

1. Look carefully at the threads of an article of clothing.
Notice the direction of threads in each area. The directions will direct the ironing process.
Notice the number of thickness in some areas where pieces are sewn together.
2. Demonstrate the ironing of a piece of clothes by writing directions, telling someone how to iron, or by really demonstrating the process.
3. Look at the label for the following information: Type of fibers _____
Iron temperature _____
Special finish _____
4. Check the appropriate preparation for ironing:
Steam press _____ Pre-sprinkle _____ No preparation needed _____
5. Process listed in correct order:





- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Independent Living Skills Module II

WHAT TO WEAR

Wearing the right kind of clothes to the right occasion can save you from embarrassment and missed opportunities.

Take an inventory of your clothes and decide what you would wear at the following occasions:
I Would Wear:

<p>A Job Interview</p> 	
<p>High School Graduation</p> 	
<p>A Celtics Game</p> 	
<p>At Work</p> 	

The kind of clothes a person wears is often considered to be a part of his/her identity. There are times, however, where you might want to deviate from "your style." It is not appropriate to wear jeans, sneakers, or baggy clothing to a job interview, for example, even though you may feel more comfortable in those clothes.

In general, taking good care of your personal appearance is well worth the effort.