

Where to Start

Hygiene

Student: _____

Date: _____

How to use this

Watch him for a week before ticking. Teach the first skill with any unticked box.

ALONE PROMPTED NOT YET

1. The Shower Routine

1. Water on — check it is warm, not hot
2. Wash your body with soap
3. Rinse the soap off

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2. Teeth and Mouth Care

- Top right
- Top left
- Bottom right

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3. Hands and Nails

- Before eating
- After the bathroom
- After coming in from outside

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4. Clean Clothing

- Stains — any marks on it?
- Smell — does it smell fresh?
- Wrinkles — has it been slept in or crumpled?

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5. Daily Grooming

- Comb or brush your hair
- Wash your face
- Put on deodorant — clean, dry underarms

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Start here:

The first skill with an unticked box. Teach one at a time — do not run several at once.

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התורה

Social Skills Program • Hygiene • Placement checklist



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