

# Self-Care Match & Chat

**Materials:** Activity worksheet, pencils

**Directions:** Read the worksheet, complete the activity, and discuss with group.

## DISCUSSION QUESTIONS

Do you have any self-care routines you already practice?

Why is self-care important?

Puberty brings physical changes for both genders. Puberty is the time that our body begins to change and develop. These changes may bring oily skin, excessive sweating, and body odor. Learning proper self-care routines are important during this time of physical change.

Today we will look at some important self-care routines to help you take care of yourself.



## ACTIVITY INSTRUCTIONS

1. Team Leaders – Tell the group that we are going to talk about self-care routines and why they are important.
2. Using the activity worksheet follow the instructions below. (#3 and #4)
3. Ask the group members to match the self-care activity to its correct routine. (Give them 2 minutes to complete this activity.)
4. Once completed, give the correct answer for each routine.
5. Finally, discuss why each self-care activity is important and why it is important to create a routine.
6. Let's Share! Ask the group how they will create their own self-care routine.



Draw a line and connect the matching items.

- 1. Take a shower
- 2. Use deodorant
- 3. Wash you hair
- 4. Wash your face
- 5. Shave safely
- 6. Change your clothes
- 7. Brush & floss your teeth
- 8. Trim your nails
- 9. Wash your sheets & blankets



- a. Put it in your laundry basket and get a different outfit!
- b. Water, shampoo and scrub that scalp! Rinse well!
- c. Wet your skin, apply shaving cream and lightly drag the razor across your skin.
- d. Cover up that smell! Put it under your armpits and carry extra in your backpack!
- e. Water, Soap and don't forget your armpits and feet!
- f. It gets rid of build up sweat, dead skin cells and even food!
- g. Mild cleanser or soap, gently wash and pat dry.
- h. Keep your breath fresh and teeth sparkling!
- i. It's important to prevent ingrown nails so dirt doesn't get stuck!



# Answer Key

1. = e

2. = d

3. = b

4. = g

5. = c

6. = a

7. = h

8. = i

9. = f

