

**Social Skills –Parent Note**

Your child just completed a social skills lesson. The topic was:

***I Can Take Care of My Body.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

1. We take care of our bodies by eating healthy foods, exercising, getting enough sleep, and keeping clean.
2. Keeping our bodies clean helps us wash away dirt and germs so that we can stay healthy.
3. **3 Things to Remember to Keep Our Bodies Clean**
* **WASH – (face, body, hands and feet, hair)**
* **BRUSH – (hair, teeth, nails)**
* **WEAR – (clean clothes, clean socks and underwear, deodorant)**
1. We need certain things to keep clean:
* soap, water, shampoo, washrag, towel
* brush/comb, toothbrush and toothpaste, nail brush
* washer/dryer and laundry detergent, deodorant/antiperspirant
1. When we keep our bodies clean and healthy, other people might like to be around us more.

**Your child received a Lesson Summary magnet:**

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**If you have a moment, email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your child for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!!**