

# Raising Aspirations Looking After Myself

\*\* ASDAN

Name:

#### Contents

Welcome	2
Record boxes	3
Tutor/mentor notes	4
Record of activities	5
Activities	. 0
Section 1: Being active	6
Section 2: Healthy eating	8
Section 3: Personal hygiene	10
Section 4: Feelings	12
Section 5: Local health services	14
Section 6: Choosing clothes	16
My skills and My challenge	18
Space for notes	20

#### Welcome

You are starting a Raising Aspirations module called

#### Looking After Myself

While doing the activities you will be asked to:

- listen
- say
- show
- write

You can say things by talking or signing or by using any other means to let someone know what you want to do.

You can record things by using a photograph, writing, by telling someone else so that they can write it for you, or by using any other means to show what you have done.

As you do the activities you will collect evidence such as photographs, drawings, digital recordings, CDs and other things to show how you have completed the activities.

As you complete each section, you or your mentor can tick the boxes alongside the activities and the corresponding box on the **Record of activities** (page 5).

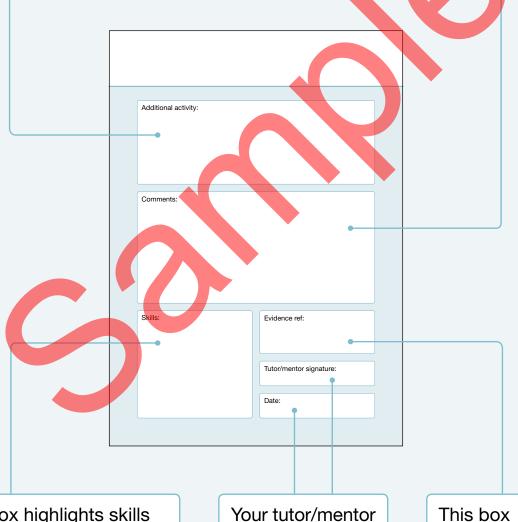
When you have finished this module, remember to complete the **My skills** and **My challenge** pages at the end of the book.

#### Record boxes

At the end of each section you will find a page of record boxes:

Your tutor/mentor can use this box to write an extra activity for you to do. It might be an activity to practise the skills you have developed or an extension activity.

This box can be used in any way to show your achievements. It might also show what you need to work on next.



This box highlights skills you have used well. For example: communication, numeracy, using ICT, teamwork, coping with problems, learning.

Your tutor/mentor will sign and date these boxes when all the other boxes have been filled in.

This box shows where the work is filed in your ring binder (or elsewhere).

#### Section 1: Being active

Show how you keep yourself active. For example: Going to the gym Swimming Playing team sports Running Cycling Walking Dancing Other Show your favourite leisure activities/sports.

## Section 1: Being active

Additional activity:	
Comments:	
Skills:	Evidence ref:
	Tutor/mentor signature:
	Date:

## Section 3: Personal hygiene

Show the things you use to keep yourself clean and healthy.

For example:	<b>✓</b>
• Shower gel	
• Shampoo	
• Toothpaste	
• Deodorant	
• Other	
Chaus you know why it is impostant to use those two as of availuate	
Show you know why it is important to use these types of products.	

## Section 3: Personal hygiene

Additional activity:	
Comments:	
Skills:	Evidence ref:
	Tutor/mentor signature:
	Date:

#### Section 6: Choosing clothes

Show that you can select appropriate clothing and footwear for different weather conditions.

For example:			✓
• Sunny		• Cold	
• Raining		• Other	
Show that you can select a different activities. For example:	ppropriate	clothing and footwear for	<b>✓</b>
• Sport		Outdoor activities	
Going to school		Going out with friends	
• Swimming		A formal event	
• Other			

## Section 6: Choosing clothes

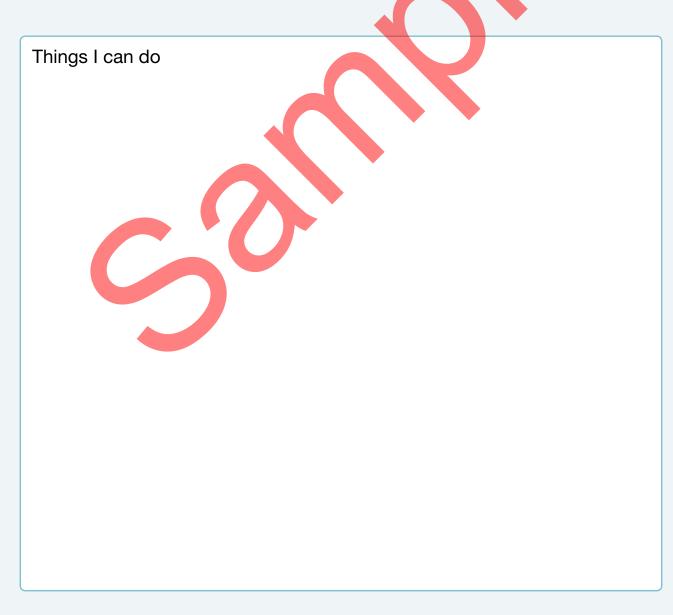
Additional activity:	
Comments:	
Skills:	Evidence ref:
	Tutor/mentor signature:
	Date:

#### Looking After Myself: My skills

This section is for you to share the things you have done well while completing this module.

#### For example:

- keeping active
- eating healthily
- choosing the right clothes
- taking care of your appearance
- attending regular health checks



#### Notes



