



Raising Aspirations Looking After Myself

Name:

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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.

The diagram shows a record box form with the following sections:

- Additional activity:** A large rectangular box at the top.
- Comments:** A large rectangular box below the additional activity section.
- Skills:** A rectangular box on the left side.
- Evidence ref:** A rectangular box on the right side.
- Tutor/mentor signature:** A rectangular box below the evidence ref.
- Date:** A rectangular box below the signature.

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:



• Swimming

• Going to the gym

• Playing team sports

• Running

• Walking

• Cycling

• 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:



• Shower gel

• Shampoo

• Toothpaste

• Deodorant

• Other

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 appropriate clothing and footwear for different activities.

For example:



• 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

Things I can do

Sample

Notes

Sample

Sample



RA04/1

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