

## Class Prep Week 1

**Dear Parents,**

In today's fast-changing world, life skills are just as important as academic learning—essential tools that help children grow into capable, confident, and resilient adults. Recognizing this need, **SAFT** has launched a special initiative to actively involve parents in nurturing life skills in their children, tailored to each age group.

At the heart of this program is the idea of *quality time*—simple, meaningful moments you can share with your child. To make your participation easy and enjoyable, we have created user-friendly materials with color-coded sections. For example, **RED text highlights where your direct involvement is needed.**

Each day includes a clear theme, practical exercises, and an end-of-day evaluation. Please take a few moments to review these evaluations as they offer valuable insights into your child's progress and help strengthen the learning experience.

We invite you to take this opportunity to build lasting memories with your child—learning together while having fun!

Wishing you skillful and joyful holidays.

**May God bless you and your family.**

Warm regards,

## Summer Holidays Life Skills Program for 5-Year-Olds

Theme: Personal Hygiene

### Activity: Handwashing Practice

**Objective:** Teach how and when to wash hands properly.

**Instructions:**

- Use soap and water for 20 seconds.
- Rub hands together for 20 seconds
- Wet hands with clean, running water
- Apply child-friendly soap
- Rub hands together for 20 seconds (sing "Happy Birthday" twice)
- Scrub between fingers, backs of hands, and under nails

### Activity: Teeth Brushing Practice

**Objective:** Promote daily tooth brushing in a fun way.

**Instructions:**

1. Use pea-sized amount of fluoride toothpaste
2. Brush in small circles on all tooth surfaces
3. Clean front, back, and chewing surfaces
4. Brush for 2 minutes (use sand timer or song)
5. Spit out toothpaste (no rinsing)

### Evaluation:

- Does the child wash hands, brush teeth, etc., regularly?
- Watch them brush properly
- Check if they brush all teeth

- Make sure they brush for two minutes
- Praise them for good job
- Applies soap without assistance
- Covers entire hands with lather
- Washes palms, backs of hands, between fingers, and under nails
- Maintains scrubbing for full 20 seconds (uses timing method correctly)

### Parent's Role:

- ✓ Be a role model – Practice hygiene together.
- ✓ Encourage effort – Don't expect perfection.
- ✓ Use praise and fun – Make routines enjoyable.
- ✓ Be consistent – Daily practice builds habits.

### Self-Hygiene Checklist for Parents (Daily)

Mark  each completed task:

#### DAILY HYGIENE CHART

-  = Done  = Needs Help

#### MORNING:

- Brush teeth for 2 minutes
- Wash hands before breakfast
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#### AFTER PLAYING:

- Wash hands with soap (20 seconds!)

#### BEFORE MEALS:

- Wash hands before lunch
- Wash hands before dinner

#### BEDTIME:

- Brush teeth for 2 minutes
- Wash face and hands

**WEEKLY STARS:**

- ★ Monday ★ Tuesday ★ Wednesday
- ★ Thursday ★ Friday ★ Saturday ★ Sunday

**PARENTS:**

- Give one star each day for completing all boxes!

7 stars = Special reward!