**Personal care***Promotes independence, confidence, fine motor skills, self-help skills and overall health and wellbeing.*

* **Washing hands**
* *encourages fine motor control as they pump the soap out of the dispenser*
* *discuss different temperatures of water*
* **Brushing teeth**
* *supports personal hygiene (which you can discuss with them)*
* *self-help skills*
* **Getting dressed**
* *encourages gross motor skills as they balance and coordinate their bodies as they put on their pants etc*
* *fine motor skills as they do up zippers or buttons.*

***Learning involved during personal care may include:***

* ***Numeracy****: awareness of their body in space (spatial awareness), number knowledge (quantification), comparison*
* ***Literacy:*** *language and vocabulary development (when you are verbally guiding them through each step), following instructions.*