

Grooming Checklist 1












Signed _____ Co-Signed _____

Date _____

I like myself!

I commit to working on my appearance and I will use this checklist.

Grooming Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wash Face 							
Wash Ears 							
Wash Hands 							
Clean/Cut Fingernails 							
Take Bath or Shower 							
Deodorant 							
Wash Hair 							
Comb Hair 							

| continued 

Lesson 6



One-liner Questions . . .

Be the First to Ask:

"Where Do the Other People in Your Family Work?"

Student Name _____ Date _____

Be the first to ask a coworker where the other people in his/her family work. Circle a number each time you ask someone the question. Try to ask all of your coworkers where other people in the family work.

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

novella

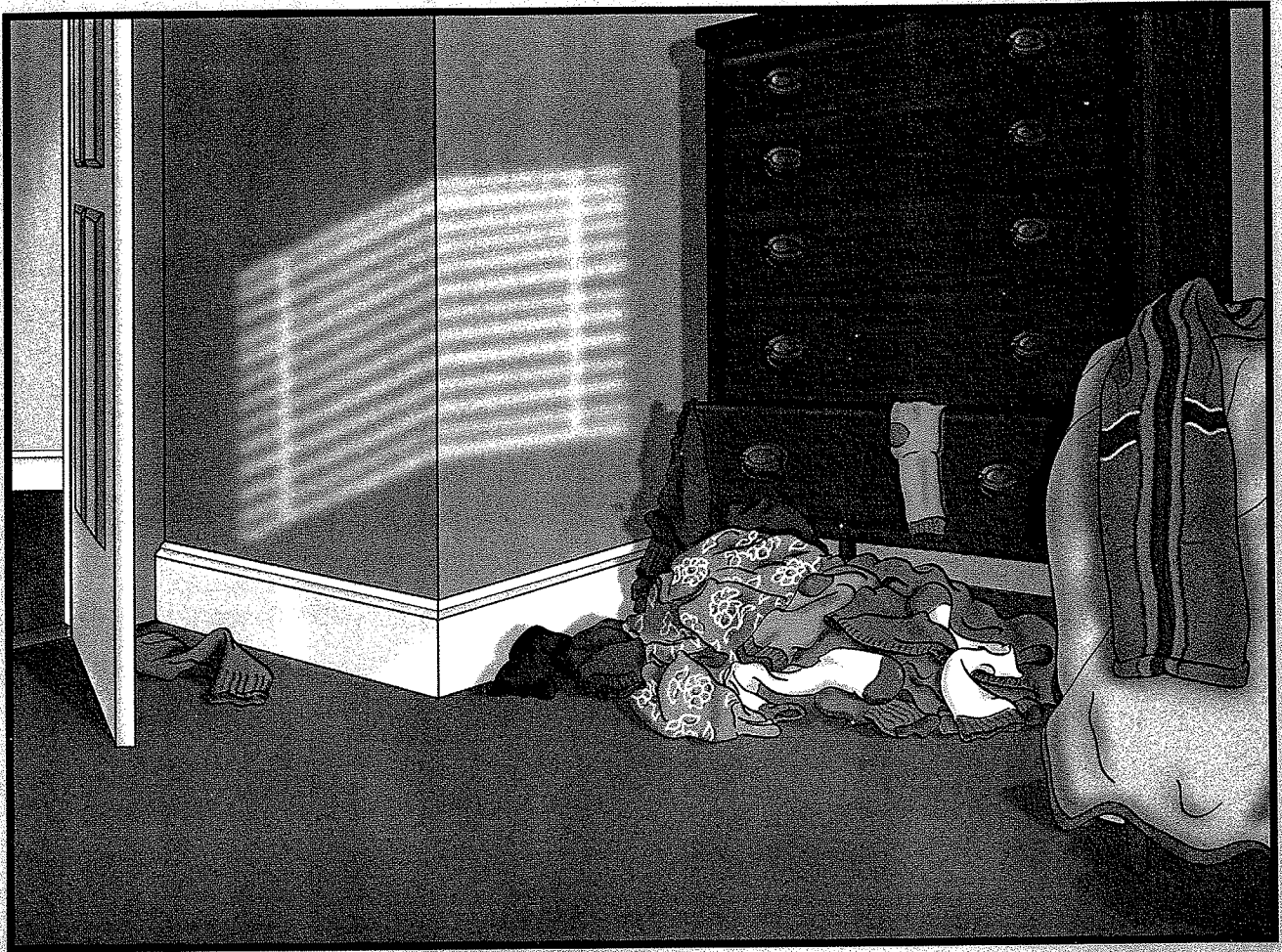
1 Fast Isn't Always Good!

Maria Gets Ready For Work



Maria hated to get up for work.

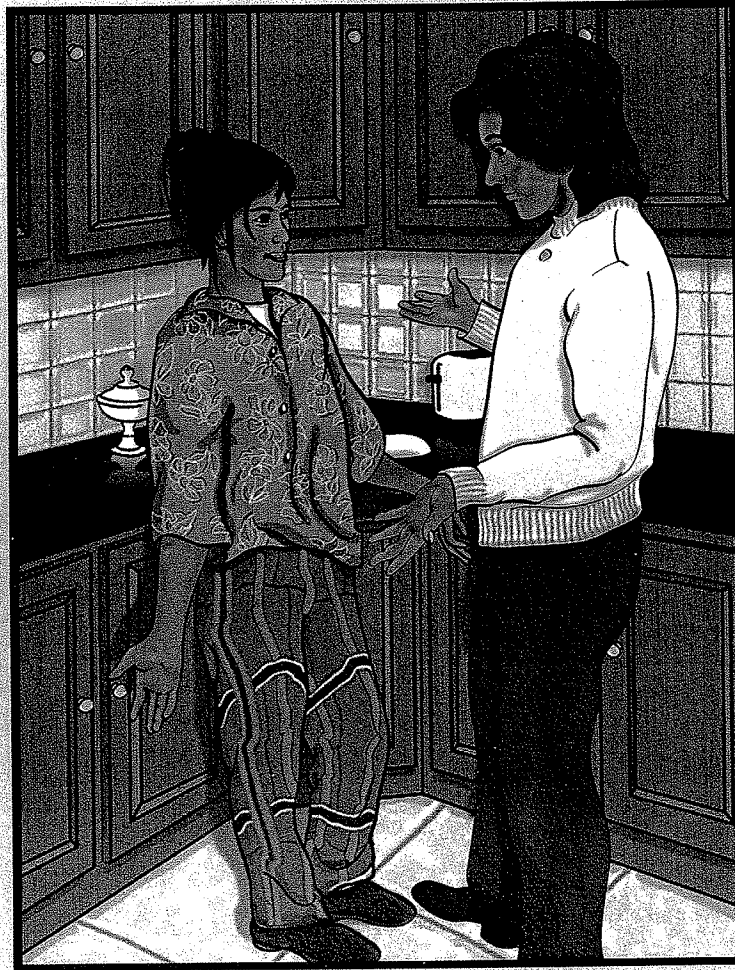
Maria hated to get up on workdays. Each morning, she turned off the alarm clock as soon as it rang. She liked to stay in bed and listen to the morning songbirds. She enjoyed the sounds of her family getting ready to start the day. As Maria turned over in bed to delay getting up, she heard her mother's footsteps in the hall.



Maria thought, “Good thing Mom didn’t open the door all the way!”

A moment later, Maria heard her squeaky bedroom door open. Maria thought, “Good thing the lights are out so Mom can’t see this room!”

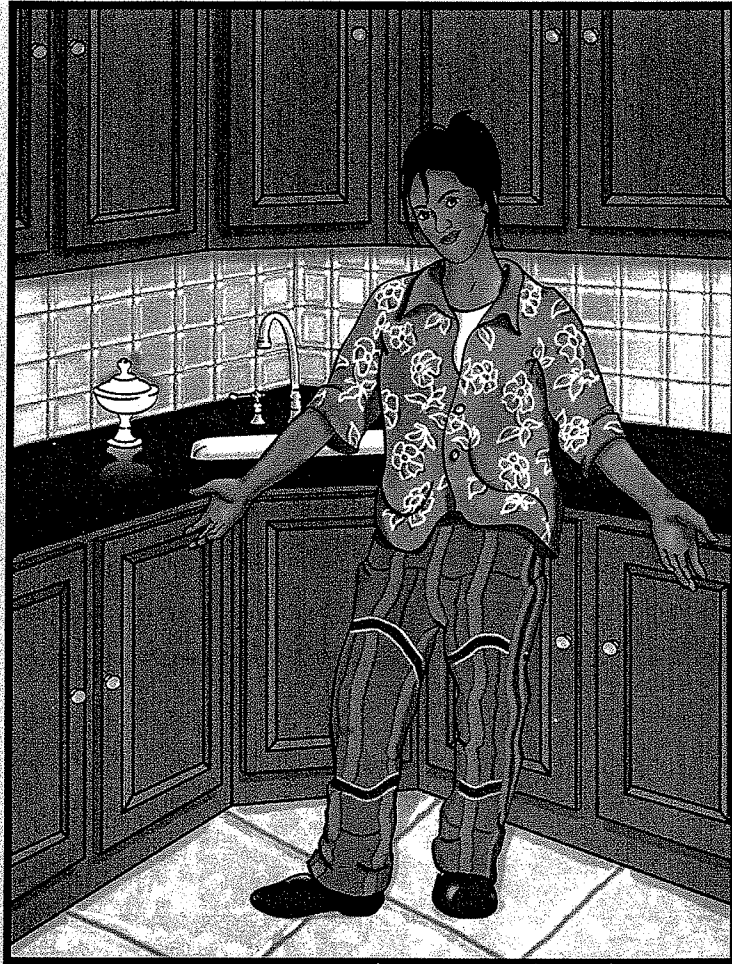
“Time to get up and dress for work, Maria,” her mother called. Maria stretched and got up. She pulled off her nightgown and threw it onto the pile of clothes on the floor. She poked her foot through those clothes looking for something to wear to work. She located the plaid slacks from Tuesday, her favorite Hawaiian shirt from Wednesday and yesterday’s underwear and socks.



“Mom, wasn’t I fast?”

Smiling, she pulled them on. Pleased she had dressed so quickly, Maria ran to the kitchen for breakfast. “Mom, wasn’t I fast?” Maria asked excitedly.

Looking Maria over carefully, her Mom replied, “Well, Maria, fast is not always good. How you present yourself when you have a job is important. It means you need to think about how you look and dress.”



“Are you wearing clothes that match?”

Mom continued, “Did you take a shower? Are you wearing neat and clean clothes that match? Did you check in the mirror to see if you look appropriate for work? If not, no breakfast until you do!”

“Darn, Mom! How do you always know?”

