

# Intermediate

## Must know 3 out of 5

### 1. Knows how to keep hair neat, clean, and how to use basic grooming tools

- In order to **keep your hair clean**:
  - Shampoo: Make sure to use shampoo whenever washing your hair in order to eliminate grease or dirt that could be in the hair.
  - Conditioner: Conditioner is optional but it helps get tangles out of your hair and makes it smoother.
- In order to **keep your hair neat** throughout the day, there are multiple tools that can help:
  - Brush / comb / pic: Using a brush / comb / pic can help detangle your hair as well as style it. It is important to brush out your each day so your hair does not become tangled or matted.
  - Hairspray / Gel: Using hairspray or gel can help style your hair and keep it in place for the whole day. This will help keep a neat look and prevent flyaways.
  - Hair Grease: Apply to hair to prevent hair from drying out and breaking.
  - Depending on the person and the type of the hair they have and the style they wish to have, tools can change and products used can be altered (i.e. flat irons hair dryers, perms, grease, etc.)
- In order to **keep your facial hair under control**:
  - Shaver: Many men will use a shaver to trim and shave their beard or facial hair. Depending on how often their facial hair grows back, it is important to use a shaver at least every 3-4 days.
  - Tweezers: Using tweezers can help pluck unwanted hairs such as on your eyebrows or upper lip. They're helpful in getting ingrown hairs or blackheads out as well.
  - Clippers: Using clippers are a good tool to trim hair if it is getting too long and to prevent flyaways.
- In order to **style your hair**:
  - Curling iron / Straightener: Using a curling iron / straightener styles hair in either curls or straight locks.
  - Ponytail holders: Holds larger pieces of hair in a ponytail, braid, or bun.
  - Clips / bobby pins: Holds smaller pieces hair in place.

- How to **take care of a wig:**
  - Comb hair! *Do not use regular brushes.*
  - After washing a wig, do not shake it in a towel. Be careful and *dry it piece-by-piece.* This makes sure that strands of fibers don't fall off
  - After getting your wig wet in water, *squeeze it dry.* Don't wring it or the base of your wig could become mis-shaped and dry funny.
  - While washing your hair, *never use shampoo meant for natural hair.* You can condition your hair every couple weeks or so, to keep it shiny and soft.
  - Only wash your wig after wearing it for *25 times.* If you do this daily or even weekly, it can lead to your wig looking less realistic and falling apart
- How to **take care of a weave:**
  - Shampoo and conditioner
  - Apply oils to your scalp
  - Be sure to comb and take off weave so it does not become matted or tangled
  - Remove it after 6-8 weeks

**Every person will be different in how they wish to present themselves but it is important to keep your hair clean and neat to look presentable each day.**



## 2. Knows how to dress in clean clothing appropriate to the season



### Winter:

- Jacket, coat, hat, gloves.
- Protection against the cold is necessary.
- **LAYERS** are key



### Spring

- Light jacket, or light sweaters
- Lighter Long sleeve shirts and tee shirts, depending on the day
- Light pants, capris' and shorts



### Summer

- Tee shirts, shorts.
- Bathing suits, sandals
- Lighter clothing

### Fall

- Long sleeve shirts and pants
- Light jacket , sweater, sweatshirt, light coat
- The temperature may be cooler in the morning and night.



### Clothes to Wear in the Rain:

- Rain boots
- Rain jacket or Jacket with hood
- Carry an umbrella



### Clothes to Wear in the Snow:

- Snow boots
- Winter jacket
- LAYERS
- Warm socks (wool)
- Hat
- Gloves



### Why We Wear Clean Clothes:

- Dirty clothes can harbor microorganisms, and wearing with these microorganisms on them can lead to skin infections.
- Body odor is second bad effect which happens because of dirty clothes.
- It makes us look dirty

clothes

### 3. Knows appropriate clothing to wear for all occasions/events

| <u>Occasion</u>  |   |
|--|---|
| BBQ, Birthday Party,<br>Get together with friends<br> | Laid-back clothing that is comfortable. A nice top with pants or a skirt.   |
| School<br>  | A shirt and jeans or pants. Skirt or dress if you desire. Uniform if required   |
| Job Interview / Work<br>                              | Look polished and professional. A suit, conservative skirt dress, or slacks and shirt. Dress shoes, flats or small heels. Limited jewelry due to its distraction.   |
| Special occasion like a Wedding<br>                 | Usually a black-tie event. Wear a dress or elegant knee length dress with heels or flats. Accessorizing with some jewelry would be appropriate. Avoid wearing a white dress to not clash with the bride. Or you could wear a suit or tuxedo with dress shoes. |
| Gym<br>   | Anything comfortable that you don't mind getting sweaty in! Tee shirt or tank top with running shorts / pants and sneakers. Wearing a sports bra for support would be appropriate as well.  |
| A first date / Night out<br>                        | Dressing appropriate for the date/ location. A pair of jeans with a sweater or shirt. Maybe accessorize with jewelry.   |

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| <p>Baptism, Bar Mitzvah, or religious ceremony</p>  | <p>It is important to stay appropriate and conservative for religious events. Wearing dress or a skirt below the knee, sweater or a nice pair of pants and blouse would be appropriate. No shoulders or back should be visible. Low cut and tight clothing should be avoided. Or Wearing a nice suit or button down shirt and khakis would be appropriate.</p> |
| <p>A funeral</p>                                    | <p>Wearing black is a safe choice or any darker colors. A pantsuit or knee-length dress would be appropriate.</p>  |



#### **4. Knows how to wash clothes using appropriate temperatures, amounts of soap, etc.**

Before washing clothes, separate your clothes into common piles such as colored, whites and delicates. This will help you determine what temperature to wash the clothes in, check the tags on the clothing as well. .

##### **When to Use Hot Water –**

- For whites, Typical dirty clothes
- Hot water is best to remove germs and heavy soil
- However, hot water can shrink, fade and damage some fabrics, so be sure to read your clothing labels before selecting the hot option.

##### **When to Use Warm Water –**

- For cotton, polyester, knits and jeans.
- Most of your clothes can be washed in warm water
- It offers good cleaning without significant fading or shrinking.

##### **When to Use Permanent Press-**

- Warm wash, cold rinse, and with colored clothes.
- This is good to de-wrinkle clothes as this cycle offers mild agitation.

##### **When to Use Cold Water –**

- For dark, bright colors that bleed or delicate fabrics
- Cold water also saves energy!
- If you choose cold water, you may need to pre-treat or pre-soak your clothes if your laundry items are heavily soiled.

##### **Amount of Detergent –**

- Lower the temperature of the water, the more detergent you need
- Measure the amount of detergent using the cap of the bottle. One cap is usually the correct amount to put in the washer. Read instructions.
- Detergent pods are another option that is individually packaged for easy use.

## **5. Knows how to dry clothes in dryer using appropriate settings**

Make sure to read the tags on the clothing to see what setting works best for the material.

### **Regular/Heavy:**

- High heat and fast drying
- Dry whites, socks, towels, etc.
- Clothes washed in hot water may shrink if the regular cycle is used to dry them.

### **Permanent Press:**

- Medium Heat
- Used with colors
- Do NOT use with delicates this is still too hot!

### **Delicates:**

- Low heat
- Try not to dry delicates too often (hang dry them)

### **Air Fluff:**

- No heat, not used for drying clothes
- This cycle fluffs clothes and helps remove some minor wrinkles
- Throw clothes in dryer on this setting with a dryer sheet to get an extra wear before having to wash the item.

### **Timed Dry:**

- You select the amount time you wish to set it to dry.

### **Wrinkle Release:**

- 10 minutes in the warm air of the Permanent Press Cycle
- Remove clothes from dryer when they are still partially damp, hang up the clothes in a well ventilated room. Cover the floor below the clothes so they don't damage the ground.