

Hygiene & Health Exercises



Scenario #1

Dante worked at double shift at the share house and came home exhausted and ready for bed. He was so tired he didn't even feel like eating dinner. He grabbed a handful of chips and chugged a soda before heading upstairs to get ready for bed. He washed his face but decided he was too tired get a shower, and that it could wait until morning. He thought about brushing his teeth but was pretty sure he did that when he got up this morning so he crawled in bed and fell right asleep.

What did Dante forget? Describe what he could have done differently?



Scenario #2

Camille met a few friends after work for dinner last night and stayed out much later than she intended. She is not a morning person on a good day so she knew she'd be dragging in the morning. She hits snooze five times before realizing that she overslept and should have been up 45 minutes ago. She is going to be really late for work if she doesn't hurry out the door. She runs to the bathroom and knows she can't waste time with a shower. She gargles with mouthwash...brushing her teeth can wait until later. Everything clean is wrinkled so she grabs a dress off the chair she'd been meaning to wash, puts on a bit of deodorant. Camille knows she is going to have to skip breakfast because she doesn't have anything ready to bring with her. She grabs a canned energy drink and heads out the door.

What did Camille forget? Describe what she could have done differently?



Scenario #3

Steve's wife left for work early and left him in charge of getting the kids out the door for school. It was one of those mornings nothing went right. He forgot how time consuming it was to get three kids up, dressed, fed and ready for school. His oldest couldn't find her backpack, the youngest was missing one of her favorite shoes and his son took too long getting out of bed. By the time he got himself ready, he couldn't find the clean pants that he wanted to wear and settled for a pair that he wore the day before. He put a new shirt on so nobody would notice the same pants right? He also grabbed yesterday's socks because he only wore them for half the day. By the time he got to the car he realized he forgot his deodorant. It wasn't ideal but decided a spray of the cologne at his desk would have to do.

What did Steve forget? Describe what he could have done differently?
