

# LOOKIN' GOOD

## LEARNING OUTCOMES

Having earned this badge members will:

- explain and demonstrate the importance of personal hygiene;
- demonstrate knowledge of personal grooming;
- demonstrate how to dress for specific occasions;
- demonstrate how to coordinate clothing;
- demonstrate good posture and lifting techniques.



## BADGE REQUIREMENTS

1. Know the importance and practice of personal cleanliness.
2. Understand what causes unpleasant body odours and how to deal with them.
3. Demonstrate the importance and practice of hair, skin, nail and dental care.
4. Know how to care for shoes.
5. Using clothes and accessories from your wardrobe show how you would dress for two occasions, e.g. formal, casual or recreational.
6. Understand the benefits of good posture and know how to lift and carry heavy objects.

For a complete healthy lifestyle package refer to the Fit for Life, Food for Life and Lookin' Good badges.

**GUARDS RANGERS**

**CATEGORY**  
Self

**TIME FRAME**  
Four weeks

**AIM**  
To help the Guards/Rangers develop their self-esteem through personal grooming and appearance.

















# Devotional ideas

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