

# IT'S ALL ABOUT YOU

## ACTIVITY SHEET



In this lesson we've learned about skincare, managing spots and looking after our own and other people's wellbeing and self-esteem during puberty. Now it's your chance to relate this new knowledge to your own life. Carry out research and make some notes in the table below, before coming up with an action plan of five ways you're going to change your skincare and wellbeing. Good luck!

Topic	Useful websites and products	Notes for me
<b>What is my skin type?</b>		
<b>Cleansing and moisturising</b>		
<b>Other things I could do to improve my skin</b>		
<b>Spots and me</b> What are my issues? Where can I go for help?		
<b>Shaving</b> What is the best way to shave with spots?		
<b>Self-care</b> What makes me feel better? What else could I do?		

### MY PERSONAL ACTION PLAN

To improve my skincare, deal with issues with spots and improve my wellbeing and self-esteem, I'm going to start doing these five things.

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