

Programme for 11-13year old girls.

All topics included on programme will be covered; however the running order is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
Fashion, including, Likes and dislikes, Style influences, personalities,	Basic skin care, face and body, cleansing. Discuss- hair removal. Including hygiene and body odour, and SPF	Hair care Shampooing, conditioning, drying and brushing/combng	Jewellery, drawing and designs.	Compliment sharing. Confidence boosters Good posture in seating and standing, and walking. Body language.
Colour matching Using the colour wheel Exploring complimentary colours	Experimenting with Make-up/ application* on mannequins and on paper faces. Do's and Don'ts of makeup. * no make-up will be applied to children's skin	Braiding, plaiting, and adding accessories. Styling, maintenance of brushes and equipment.	Choosing jewellery to compliment outfits and skin colouring.	Hand care Nails and cuticles and proper hand washing. Foot care/hygiene.
Designing and constructing 'Mood boards' with magazine cuttings NB Children get to bring home all of their designs and they keep their mood boards	Practical demonstration of products, Cleaning make-up brushes and keeping products tidy and clean, Demonstration; Different brushes and there functions, make up application demo.	Playing with wash out colours and applying* to mannequins hair. * no hair colouring will be applied to children's hair	Making pieces of jewellery. NB Children get to keep the pieces of jewellery they create.	Nail painting* and nail art. * Children's nails will only be painted with prior agreement from parent/guardian