

# Lesson Plan

## Topic

**Knotless Box Braids**

### Objective

- Students will learn the techniques for creating knotless box braids, including proper preparation, sectioning, braiding, and finishing touches.

### Evaluation

- Observe students as they perform each step on a mannequin or on each other.
- Provide feedback and correct techniques as necessary.

### Review

- Recap the steps for creating knotless box braids.
- Encourage students to ask questions and share their experiences.

### Materials

- Rat-tail comb
- Wide-tooth comb
- Hair clips for sectioning
- Braiding hair (pre-stretched)
- Edge control or gel
- Moisturizing leave-in conditioner
- Shine spray or oil
- Scissors
- Mousse (optional)
- Hot water (for sealing the ends, optional)

### Games

# Procedure: Knotless Box Braids

## 1. Introduction

- Explain what knotless box braids are and their benefits compared to traditional box braids (less tension, more natural look).
- Hair Preparation  
Start with clean, detangled hair.  
Apply a leave-in conditioner to moisturize the hair.

## 2. Sectioning the Hair

- Use a rat-tail comb to create clean, straight parts. Start by doing the middle part, ear to ear part, and nape part.
- From each section, further divide the hair into desired size rows and boxes for the braids. The size of the sections will determine the size of the braids.
- Use hair clips to secure each section and keep the hair organized.

## 3. Knotless Braiding Method

- Use edge control or gel to smooth the roots.
- Gradually add small pieces of braiding hair to the natural hair as you braid down. This method reduces tension and creates a seamless look.
- Ensure the tension is even throughout the braid to prevent discomfort and maintain a neat appearance.
- Continue to add small sections of braiding hair until the desired thickness is achieved.
- Braid down to the ends, ensuring the braid is secure and neat.

## 4. Finishing Touches

- Sealing the Ends with Hot Water
- Dip the ends of the braids in hot water to seal and smooth them. Be cautious to avoid burns.
- Use scissors to trim any excess flyaway hairs for a neat finish.
- Apply mousse to the braids for extra hold and a smooth finish.
- Finish with a shine spray or a light oil to add shine and reduce frizz.

## 5. Maintenance Tips

- Wrap hair with a silk or satin scarf at night to maintain neatness.
- Apply a light oil or leave-in conditioner to the scalp and braids to keep them moisturized.
- Keep the scalp clean and free from buildup by using a dry shampoo or a light scalp cleanser.

## Key Points and Tips

- Clean, straight parts create a neat and professional look.
- Start with natural hair and gradually add braiding hair to minimize tension.
- Maintain even tension throughout the braid to prevent discomfort and ensure a uniform appearance.
- Seal the ends with hot water or knots for a secure finish.
- Trim flyaways and apply finishing products for a polished look.
- Protect the braids at night and keep the scalp moisturized and clean.

## Review

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- Encourage students to ask questions and share their experiences.

## Evaluation

- Observe students as they perform each step on a mannequin or on each other.
- Provide feedback and correct techniques as necessary.