

Lesson Plan

Topic

Perm Rod Set

Objective

- Students will learn how to create a perm rod set on natural hair, including the preparation, application, and finishing techniques to achieve defined, long-lasting curls.

Evaluation

- Observe students as they perform a perm rod set on a mannequin or each other.
- Provide constructive feedback on their technique.

Review

- Recap the steps of the perm rod set.
- Encourage students to ask questions.

Materials

- Perm rods (various sizes)
- Rat-tail comb
- Wide-tooth comb
- Spray bottle with water
- Setting lotion or mousse
- Clips for sectioning
- Hooded dryer (optional)
- Leave-in conditioner
- Light oil or serum
- Silk or satin scarf (for setting)

Games

Procedure: Perm Rod Set

1. Introduction

- Explain the purpose of a perm rod set and its benefits for natural hair.
- Discuss the different types of perm rods and their effects on curl size and definition.

2. Steps to Perform a Perm Rod Set

Step 1: Shampoo and Condition

- Start with clean, damp hair.
- Use a moisturizing shampoo and conditioner.

Step 2: Apply Leave-In Conditioner

- Distribute a leave-in conditioner evenly throughout the hair to maintain moisture and manageability.

Step 3: Section the Hair

- Part the hair into manageable sections using the rat-tail comb and clips. Typically, divide the hair into four sections.

Step 4: Apply Setting Lotion

- Spray or apply setting lotion or mousse to the first section. Ensure even distribution for consistent curl formation.

Step 5: Rolling the Hair

- Starting at the ends, wrap a small section of hair around a perm rod, rolling towards the scalp. Secure the rod.
- Continue this process throughout each section, ensuring tension is even but not too tight.

Step 6: Dry the Hair

- Air dry or sit under a hooded dryer until completely dry. Drying time may vary depending on hair thickness and length.

Step 7: Removing the Rods

- Carefully unroll each rod, starting from the nape, to avoid frizz.

Step 8: Style the Curls

- Separate and fluff curls with fingers for desired volume.
- Apply a light oil or serum for added shine and to reduce frizz.

Step 9: Set the Style

- To maintain the style, wrap hair with a silk or satin scarf overnight.

3. Key Points and Tips

- Preparation and Sectioning
- Ensure hair is thoroughly detangled before starting.
- Evenly sectioning the hair helps in achieving uniform curls.

Rod Selection

- Use smaller rods for tighter curls and larger rods for looser waves.

Application Technique

- Keep consistent tension when rolling the hair to ensure uniform curls.

Drying

- Ensure hair is completely dry before removing rods to avoid frizz.

Finishing Touches

- Handle curls gently to maintain their shape.
- Use a light touch when separating curls to avoid disrupting the curl pattern.