

Objective

By the end of this lesson, the student will understand the importance of personal hygiene and how to take care of their body. They will learn about different hygiene practices, why they matter, and how to incorporate them into their daily routine.

Materials and Prep

- Paper and colored pencils or markers
- Access to a sink and soap
- A mirror (optional)
- Access to a bathroom for practical demonstrations

Before the lesson, it's helpful to think about your own hygiene routines and any questions you might have about keeping your body healthy and clean.

Activities

- **Hygiene Poster Creation:**

The student will create a colorful poster that highlights different hygiene practices such as handwashing, brushing teeth, and bathing. They can include drawings and fun facts about why these practices are important.

- **Handwashing Challenge:**

The student will practice proper handwashing techniques. Set a timer for 20 seconds and have them wash their hands while singing a song or counting to ensure they wash for long enough.

- **Daily Hygiene Routine Role-Play:**

Have the student role-play their morning and evening hygiene routines. This can include brushing teeth, washing face, and taking a shower. They can pretend to be a teacher explaining the steps to a younger sibling.

- **Hygiene Quiz:**

Create a fun quiz with questions about hygiene practices. The student can answer questions like "How often should you brush your teeth?" or "What is the best way to wash your hands?"

Talking Points

- "Why do you think washing your hands is important?" - This encourages the student to think critically about hygiene.
- "Did you know that germs can make us sick? Keeping clean helps us stay healthy!" - This highlights the health benefits of hygiene.
- "Brushing your teeth keeps them strong and prevents cavities. How many times a day do you think we should brush?" - This engages the student in discussing dental hygiene.
- "Taking a shower or bath helps remove dirt and sweat from our bodies. How does that make you feel?" - This prompts the student to reflect on personal comfort and cleanliness.
- "What are some fun ways to remember to wash your hands?" - This can lead to creative ideas and habits.
- "It's important to have a routine. What does your hygiene routine look like?" - This encourages the student to think about their own habits.

- "Did you know that our skin is the largest organ? Taking care of it is super important!" - This teaches the student about the body's systems.
- "How do you feel after you clean up? Does it make you feel happy?" - This helps connect hygiene to emotional well-being.
- "What are some hygiene practices you can teach your friends?" - This encourages sharing knowledge and responsibility.
- "Remember, being clean is not just about looking good; it's about feeling good and staying healthy!" - This reinforces the overall message of the lesson.