

## Objective

By the end of this lesson, the student will understand the importance of personal hygiene, the steps involved in taking a bath, and will have fun while learning about the process.

## Materials and Prep

- Access to a bathtub or shower
- Water (warm, not hot)
- Soap or body wash
- Washcloth or sponge
- Towel for drying off
- A timer (optional)

Before starting the lesson, ensure that the bathing area is safe and that all materials are within reach. Discuss the importance of safety in the bathroom, such as not slipping and being careful with water temperature.

## Activities

- **Bath Time Experiment:**

Allow the student to fill the bathtub with water. They can experiment with different water levels and temperatures while discussing how they feel. This can lead to a discussion about what makes a comfortable bath.

- **Soap Science:**

Discuss how soap works to clean the body. The student can create a "soap bubble" experiment by using the washcloth or sponge to create bubbles. This can be a fun way to learn about the properties of soap and water.

- **Bath Time Rhymes:**

Encourage the student to create a fun rhyme or song about taking a bath. This can help them remember the steps involved while making the experience enjoyable.

- **Drying Off Dance:**

After the bath, have a little dance party while drying off. This can make the transition from bath time to getting dressed more fun and engaging.

## Talking Points

- "Taking a bath is important for keeping our bodies clean and healthy."
- "What do you think happens to the dirt on your body when you use soap and water?"
- "Can you feel the difference between warm and cold water? Which do you prefer for a bath?"
- "Why do you think it's important to dry off after a bath?"
- "Let's make up a fun song about taking a bath! What should the first line be?"