Personal Hygiene

3rd graders at Columbine Elementary

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Lesson Plan

Goals:

➤ Make the students aware of the need to remain clean.
   o To teach the students how and when to wash their hands.
   o Make sure they know why, when, and how to brush their teeth, as well as for how long.
   o Inform them that showers are needed daily.
   o Explain what hair lice are and how it can spread.

Plans:

➤ The information and lesson itself, is going to be presented as a PowerPoint presentation. All the main areas will be covered, and explained thoroughly.

➤ We are putting what they learned about hand washing to test by having them use GloGerm and competing with one another to see who can wash their hands the best, and get rid of all the germs. The skills used come directly from the PowerPoint presentation.

➤ To make sure the students actually learned and paid attention to the lesson, worksheets with questions and different activities will be handed out.

➤ At the end, a pop quiz will be given to just see who remembered the most and if the third graders recalled the information that was given at the beginning of the lesson.
Sources
How to Wash Your Hands

Wash hands with liquid **soap** under warm running **water** for at least **20 seconds**.

Wash hands thoroughly, paying special attention to germs that may be trapped under nails and in crevices.

Rinse well to remove all traces of **soap**.

Dry hands with **paper towels**.

Use a **paper towel** to turn off the faucet after washing hands.

Allow hands to dry thoroughly after cleansing (before contact with anything).
Personal hygiene - taking care of your body

Contents
- Smelling clean
- Clothes
- Shoes
- Feet
- Using 'smell nice' products
- Hair
- Teeth
- Dr Korea says
- Did you know?
- Gap-fill game

Keeping your body clean is an important part of keeping you healthy and helping you to feel good about yourself.

Caring about the way you look is important to your self esteem (what you think about yourself). This topic gives you some ideas on looking your best. By the way, you don't need to wear the latest designer clothing to look good. There are other things you can do which are much more important for your "image".

Smelling clean

Have you ever walked into a classroom full of kids when all the windows are closed? Phew!!

According to the experts young kids may sweat but they don't start having body odour (BO) until they reach puberty. That's when special sweat glands under the armpits and around the genitals roar into full production pouring out sweat which smells!

OK, so what is the smell that is coming from the little kids?

Clothes

Even if you're not heavily into puberty style sweating, clothes can get stained, dirty and generally grubby, so you need to change them often.

Underclothes are right next to your skin and collect dead skin cells, sweat and possibly other unmentionable stains. Overnight bacteria start to work on these stains so your clothes do not smell as nice on the second day of wearing.

Stay away from cigarette smoke as the smell will get into your clothes and hair. Ask your family not to smoke in the house or the car.

If you have to wear a school uniform then take it off as soon as you get home
and hang it up to air before you wear it the next day.  

Change underclothes often.

Shoes

You spend a lot of time on your feet and your
shoes are very close to the place where a
very large collection of sweat glands live -
your feet!

Sweat gets into your shoes and then bacteria
arrive which love the moist leather or fabric
so much that they tell all their friends to
come round and party!

If you have one pair of shoes for school then try to get them off
as soon as you get home so that they can air and dry out overnight.
(As you get older somewhere outside the house is a good place?)

If you have more than one pair then use them on alternate days
to give them a better chance of drying out.

Keep your shoes clean by brushing, polishing or washing. They
will look better, last longer and be less likely to smell.

Feet

Wash your feet well at least once a
day.

Dry them carefully, especially between the
toes. If the towel is too thick to get in
between your little toes, then use a dry
face washer (keep it for your feet only).

If you go swimming a lot or use public showers, you need to be particularly
careful to wash your feet and dry them well. It is a good idea to wear things on
your feet too. Lots of other people walk in bare feet in these places and you
can easily pick up fungal infections or other problems for your feet, such as
warts! (See out topic Fungal infections for more information.)

Using 'smell nice' products

If you are a bigger kid you may want, or feel you need, to start using a
deodorant or anti-perspirant under your armpits. Some people have problems
with perfumes, which can be a trigger for headaches, asthma or hay fever, so
don’t spray them around in the washroom or change-room.

Remember: nothing smells better than clean skin. Perfumes are not a good
substitute for a shower or wash.

You may want to use special innersoles in your
shoes, which can be taken out and washed,
making the shoes smell less.

You may want to use foot powder or talcum
powder on your feet and inside your shoes.
This can help too.

Most sneakers or running shoes will survive being washed by hand or even in
the washing machine.

Hair
The hair follicles (which the hair grows from) produce oil which keeps the hair smooth. You also have sweat glands in your scalp, and dead skin cells come off the scalp. The oil, sweat and dead cells all add together and can make hair greasy and look dirty unless you wash it regularly.

To keep your hair clean:

1. Wash regularly with shampoo (cheap ones are often as good as very expensive ones).
2. Massage your scalp well. This will remove dead skin cells, excess oil and dirt.
3. Rinse well with clear water.
4. Conditioner is helpful if you have longer hair as it makes the hair smoother and easier to comb, but hair doesn’t need to have conditioner.
5. Use a wide toothed comb for wet hair as it is easier to pull through.

Teeth

- You should brush your teeth twice a day - after breakfast and before you go to bed.
- During the day, fill your mouth with water and swish it around to get rid of anything sticking to your teeth. (See our topic about Caring for your teeth to find out more.)

Dr Kim says:

"With a clean body, clear hair, clean clothes and shoes, you will feel good and your friends will be happy to be near you. Keep your fingernails and toenails short and clean too."

If you would like to read more have a look at the Teen Health topic Hygiene.

KEEPING CLEAN

Mum says to have a shower,
And wash my hair well too.
I've been in here for ages,
I think that that will do.
Oh, oh, the towel's dirty,
Maybe I really oughter,
Next time I have a shower,
Stand underneath the water.

BH

Some advice from Ben in Grade 6

"Personal hygiene is very important because no-one likes to be close to a person who stinks and is dirty. So, whoever you are and wherever you go remember: Wash your hands before you eat and your feet before you sleep."
Did you know?

In Australia most homes have showers or baths and hot water which comes out of the tap. In the ‘olden’ days all water had to be boiled on a fire or wood stove, then carried to a washbowl or bath. Often families would only have a bath once a week (or less often) when all the family would use the same bath water, one after another. (Wouldn’t have liked to be the ‘not so lucky last’, would you?)

In the even older days people didn’t wash much at all! Some people thought that washing yourself could make you weak. People would wear scent and stick their noses into a bunch of flowers if the smell was bad when they walked through the streets. Very few adults had a full set of teeth.

Nowadays things are very different for most people. Even when we are travelling or camping we can still keep clean and fresh thanks to campsite showers and moisturised hand and face wipes.

Gap-fill game

Click here to open the game window

☐ 'Text only' version of this topic

We've provided this information to help you to understand important things about staying healthy and happy. However, if you feel sick or unhappy, it is important to tell your mum or dad, a teacher or another grown-up.
Presentation Outline

Hygiene – 3rd Grade

8:35 - 8:40   Introduction to presentation
8:40 - 8:55   PowerPoint presentation by Mitzy and Sofia
8:55 - 9:00   GloGerm hand washing activity is described
9:00 - 9:15   All students wash their hands under supervision
9:15 - 9:25   All students put their hands under the special light to evaluate their hand washing results
9:25 - 9:40   Worksheets are handed out and every student completes one
9:40 - 9:50   Oral quiz is given by Cynthia
9:50 - 10:00  Wrap-up and appreciation is done by Rocio
Written Presentation Materials

- Presentation
- Worksheets
Hygiene

Wash your hands!

- When??
- For how long??
- How to wash them

When?
- Before and after eating
- After using the bathroom
For how long?
- Sing the ABCs
- Count to 20

Let's Wash Our Hands!

Brush your teeth!!
- When should you brush them?
- For how long?
- Why??
When?
- Before going to bed
- After meals

For how long?
- About 2 to 3 minutes
- Brush all your teeth more than once

Why should you brush your teeth?
- To keep clean
- Great smile
- Healthy gums
- No cavities

Flossing

- A minty string that goes in between your teeth.
- Removes food pieces that your toothbrush can't reach.
- Floss at least once a day.

Why?

- Your teeth help you chew your food. Without them it will be very hard to eat.
- They are bones, and you want to keep them healthy.

Helpful hints:
- Drink lots of milk. To keep your teeth nice and strong.
- Get a new toothbrush at least every 2 months.
- Remember to go to the dentist every 6 months. To get x-rays and get your teeth cleaned.

Wash your face and take showers

- Wash your face every morning
- Take showers every day
- Wear deodorant
How to prevent lice

1. Brush your hair every day.
2. Don't use someone else's brush, hats, pillows, etc.
3. Keep your coat and hat on their separate hook in school.
Match the words with their definition the best you can.

**Part one**

1. Tooth brush  
   - A. Helps brighten your teeth
   - B. Contains alcohol to disinfect the body part.
   - C. Used to wash and clean your hands.
   - D. Used to clean teeth daily.

2. Tooth paste

3. Hand soap

4. Hand sanitizer

**Part two**

Create your own tooth brush. Use your creativity. (:}
Feedback Tools
Match the words with their definition the best you can.

**Part one**

1. **Tooth brush**  
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3. **Hand soap**

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**Part two**

Create your own tooth brush. Use your creativity. (: