

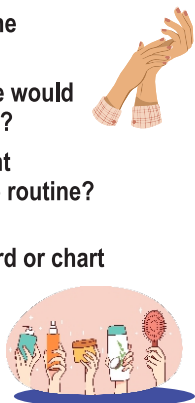


01

### Personal Hygiene Practices

- What are some personal hygiene practices you already follow?
- What areas of personal hygiene would you like to improve or focus on?
- What do you think are important elements of a personal hygiene routine?

Write down the responses on a board or chart paper.



02

### Individual Reflection & Check List Creation

- Reflect on own personal hygiene habits and identify areas we would like to improve or include in our routine.
- Personal hygiene checklist or worksheet to help organize your thoughts.



### Personalized Hygiene Routine

- Create personal hygiene routine based on the reflections and the discussion with Parents, Teachers and others. Consider including practices such as:
- Dental hygiene (brushing, flossing, mouthwash), bathing or showering, hair care (washing, brushing, styling), nail care, wearing clean clothes and changing undergarments regularly, using sunscreen when necessary, other aspects relevant to your personal needs or cultural practices.



### Reflection on Cleanliness and Emotional Well-being

- Cleanliness and Mood, (describe your emotions and sensations) Personal Experience, (recall a specific situation, how it made you feel) Reflection on Messy Environments, (how does this affect you). Share one specific commitment).



Final Thoughts:

Reflect on how maintaining a clean and organized environment can positively impact your overall well-being.  
Write your final thoughts.

03

04



CAPTURE IMAGES, VIDEOS OF ALL THE 4 STAGES OF THE PROJECT AND COMPILE AND SHARE THE FINAL PROJECT WITH LINKS OF IMAGES AND VIDEOS IN



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