

PERSONAL HYGIENE AND CLEANLINESS

5.29.2019

Subject

SOCIAL STUDIES

Prepared By

[Instructor Name]

Grade Level

4

Overview

This lesson plan covers teaching content for:

1. Personal hygiene and cleanliness.
2. Importance of a good personal hygiene.
3. Methods of maintaining good hygiene.

Objectives

By the end of this unit, students should be able to:

1. Explain cleanliness and hygiene.
2. Differentiate between cleanliness and hygiene.
3. Describe the importance of good hygiene.
4. List some methods of maintaining good hygiene.

Activity Starter/Introduction

1. Ask students if they have heard the word 'hygiene' before, and if so, what they think it means.
2. Explain that personal hygiene is the practices we engage in to keep ourselves healthy and disease free.
3. Explain how we pick up germs when we touch things, particularly when we go to the toilet, cough or sneeze and when we are around people who are ill.

Teacher Guide

Day 1/Lesson 1–20Mins

1. Explain how our bodies secrete oil to remain moist and that this makes it easier for microbes and germs to stick to us.
2. Guide students through some methods of ensuring good hygiene like;
 - Washing our hands with soap and water to remove germs.
 - Sneeze into a tissue or cover our mouth/nose to avoid spreading germs
 - Cleaning our ears with cotton bud to stop the buildup of wax.

Activity Starter/Introduction

1. Explain that cleanliness is different from hygiene and mainly involves the removal of dirt. Like washing our hands, washing our clothes.

Guided Practice

Day 2/Lesson 2–15Mins

1. Teach the students about the spread of germs by showing how germs can live on hands and the things they touch.
2. Now pretend to sneeze, and when you do, cover your hands in a washable paint.
3. Then go about your business, touching things around the classroom. The kids will see the transfer of germs.
4. Have the kids find and tally all the surfaces where germs now live from your transferring them around the room.

Materials Required

- Antibacterial soap
- Glitter
- Water
- Washable paint

Additional Resources

- <https://www.livestrong.com/article/104648-games-teach-kids-personal-hygiene/>
- <https://study.com/academy/lesson/how-to-teach-students-about-personal-hygiene.html>

Additional Notes

	Day 3/Lesson 3–20Mins <ol style="list-style-type: none"> 1. Sprinkle glitter on a volunteer student’s hand. 2. Now challenge the student to wash all the glitter off with soap and water. 3. Because glitter is naturally sticky, it will take up to 30 seconds to scrub the glitter away. 4. Explain to the students that they need to wash their hands as thoroughly as the volunteer student has done with soap and water to get germs off. 	Day 4/Lesson 3–15Mins <ol style="list-style-type: none"> 1. Explain to the students the importance of good hygiene and cleanliness. 2. Challenge the students to list other methods of maintaining good hygiene, make sure they include the following; <ul style="list-style-type: none"> • Brushing your teeth • Bathing with soap and water • Getting enough sleep • Using pads/tampons • Putting on deodorant
Assessment Activity <ol style="list-style-type: none"> 1. Explain the term personal hygiene and cleanliness. 2. Differentiate between personal hygiene and cleanliness. 	Assessment Activity <ol style="list-style-type: none"> 1. Describe some importance of good hygiene. 2. List 10 methods of maintain good hygiene. 	
Summary		