

A CLEAN AND HEALTHY ME!

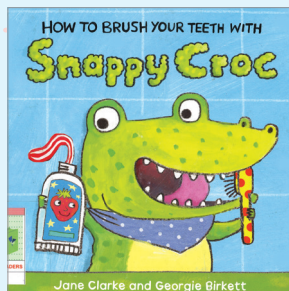
Personal grooming and hygiene teach children the importance of cleanliness, health, and developing better self-awareness. These practices include daily routines such as brushing our teeth, washing our hair, and washing our hands.

Learning about good personal hygiene boosts one's self-confidence, inculcates social responsibility and helps children to be considerate of others. A fun way to teach children about personal grooming and hygiene is by using songs and rhymes.



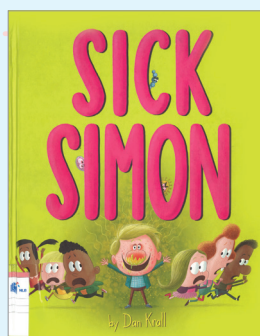
Books that are included in the Toolkit:

All rights reserved
London : Red Fox, 2015.



Little Croc's been crunching, snip, snap, SNIP! She doesn't want to clean her teeth. Watch out! She can nip. A board book about brushing teeth featuring a lovable little crocodile.

All rights reserved. New York : Simon & Schuster Books for Young Readers, an imprint of Simon & Schuster Children's Publishing Division, [2015]



Sick Simon learns that having a cold is not as fun as he thought. A clever book about learning how to keep clean and what to do during the cold and flu season.

What is included in this insert

1. Books related to the theme
2. Lesson plan for teachers
3. Thematic activities for students
4. Printables



LESSON PLAN

LEARNING OBJECTIVES:

Children will be able to understand how germs affect them and learn the importance of washing their hands with soap.

TUNING IN (5 MINS):

- Explain that you will talk about germs and hygiene. Define “hygiene” as “good habits to keep clean and stay healthy” and “germs” as “something that makes people sick”.
- Ask the children whether they can see germs around them. If they cannot see them, does that mean they are not there?



INSTRUCTIONS (5-10 MINS):

1. Read the book “Sick Simon” by Dan Krall aloud.
2. Pause as you read and ask the children guiding questions such as:
 - How do they feel when they are healthy and when they are sick?
 - Can they do the same things that they usually do, even when they are sick (e.g. going to school)?
 - What are some habits they must keep while recovering from an illness?

1 GUIDED PRACTICE (30-40 MINS):

1. Prepare a bowl of water, black pepper, hand soap liquid and a small container. The class can be split into smaller groups with materials prepared for each table.
2. For the demonstration, tell the children to pretend that the black pepper are germs and observe what happens when soap is added to the water. Adult supervision is needed at all times, and children should not touch their faces with the black pepper and soap.
3. Sprinkle some black pepper into the water. Take note that the scattering effect will not occur if there is too much pepper. Pour some hand soap liquid into the small container. Ask a child from each group to dip his finger into the soap.
4. Tell the children to watch carefully as the scattering effect happens quickly. As the child dips his finger, watch the “germs” scatter away as soap hits the water!
5. Review the learning objectives for this activity:
 - Unlike black pepper, can we see germs?
 - Is it more effective to wash our hands with or without soap?

CLOSURE (10 MINS):

- Discuss when it is important to wash their hands. For example, before and after eating, after going to the washroom, after coughing or sneezing, after playing outside, etc.
- Demonstrate the 8 steps to washing their hands:



How to Brush Your Teeth with Snappy Croc (A copy of this book is included in the toolkit)

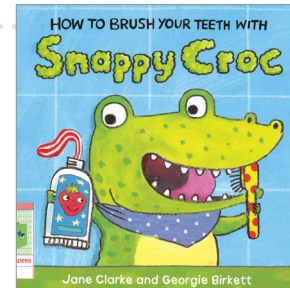
Author: Jane Clarke

Call Number: Early Literacy Emergent Readers English CLA

TALKING POINTS:

Introduce the title to the children, and talk about the book cover.

- Based on the cover, what do they think the book is about?
- Target vocabulary: teeth, toothbrush, polka dot, toothpaste, strawberry-flavoured
- Ask them if they brush their teeth every morning and every night.



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London : Red Fox, 2015.

ACTIVITY FOR HOW TO BRUSH YOUR TEETH WITH SNAPPY CROC (Suitable for N1-N2)

WHERE'S MY TOOTHBRUSH?

Teachers can refer to **Printable I** in this insert for the activity. This writing and colouring activity develops the children's motor skills and allows the children to have fun with colours.

Once the activity is completed, discuss the following points with the children:

- Ask them when it is best to brush their teeth (e.g. when they wake up, after eating, before sleeping)
- Read out the rhyme in the story using real or imaginary toothbrushes:

*Up down, up down, up down
In and out, and round about –
Move that brush around!*

Sick Simon (A copy of this book is included in the toolkit)

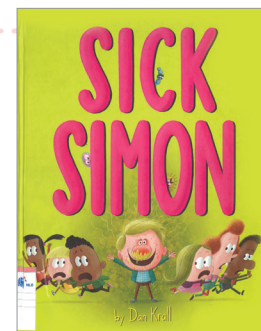
Author: Dan Krall

Call Number: Early Literacy Junior Picture Lending English KRA

TALKING POINTS:

Introduce the title to the children, and prompt them with questions.

- What do they see on the cover?
- Why do they think Simon is sick? Does he look ill?
- Target vocabulary: nose, mucus, dirty, sick, germs, friends, running away, scared



All rights reserved. New York : Simon & Schuster Books for Young Readers, an imprint of Simon & Schuster Children's Publishing Division, [2015]

ACTIVITY FOR SICK SIMON (Suitable for K1-K2)

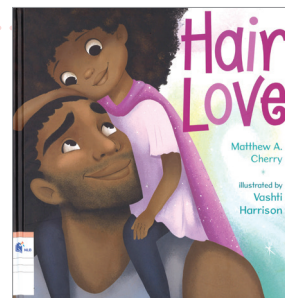
HOW I CAN KEEP CLEAN

Teachers can refer to **Printable II** in this insert for the activity. This fill-in-the-blank activity boosts children's literacy skills and allows the children to express themselves creatively.

RECOMMENDED TITLES: A CLEAN AND HEALTHY ME!

Title: Hair Love
Author: Matthew A. Cherry
Illustrator: Vashti Harrison
Publisher: New York : Kokila, 2019.
Section: Early Literacy Picture Books
Call Number: English CHE

Summary: A little girl's daddy steps in to help her arrange her curly, coiling, wild hair into styles that allow her to be her natural, beautiful self.



All rights reserved
 New York : Kokila, 2019.

Title: When a Dragon comes to Stay
Author: Caryl Hart
Illustrator: Rosalind Beardshaw
Publisher: London : Nosy Crow, 2019.
Section: Early Literacy Picture Books
Call Number: English HAR

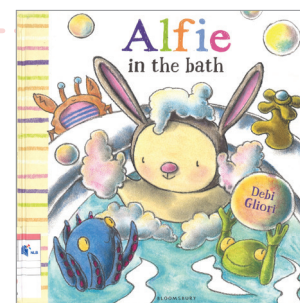
Summary: When a dragon comes to stay, will she behave herself? Why, of course she will. Obviously she knows she must share her toys, eat daintily and skip happily upstairs at bathtime. Well ... not quite. Like all toddlers, this little dragon finds good manners a tiny bit tricky. It's lucky she has some friends to help her.



All rights reserved
 London : Nosy Crow, 2019.

Title: Alfie in the Bath
Author: Debi Gliori
Illustrator: Tom Jellet
Publisher: London : Bloomsbury, 2015.
Section: Early Literacy Junior Picture Lending
Call Number: English GLI

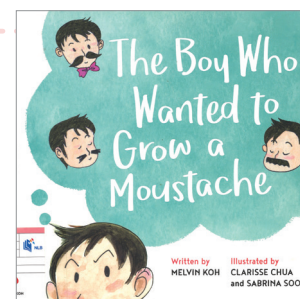
Summary: Alfie Rabbit is splashing around in the bath. His world turns from real to imagined as a gatefold spread is opened. Now he's on an amazing deep-sea adventure. Alfie is a deep-sea monster waving his tentacles, a little pink crab snapping his claws, a whale spouting water high in the air.



All rights reserved
 London : Bloomsbury, 2015.

Title: The Boy Who Wanted to Grow a Moustache
Author: Melvin Koh
Illustrator: Clarisse Chua and Sabrina Soo
Publisher: Singapore : Epigram Books, 2017.
Section: Children Singapore
Call Number: English KOH

Summary: Louis imagines himself becoming a grown-up with a moustache that sprouts almost overnight, and tries to turn the idea into reality through various means. But when he turns up at school with a moustache firmly in place, it horrifies just about everyone who sees him. Just how much trouble can a moustache bring a little boy, and how does he get out of it?

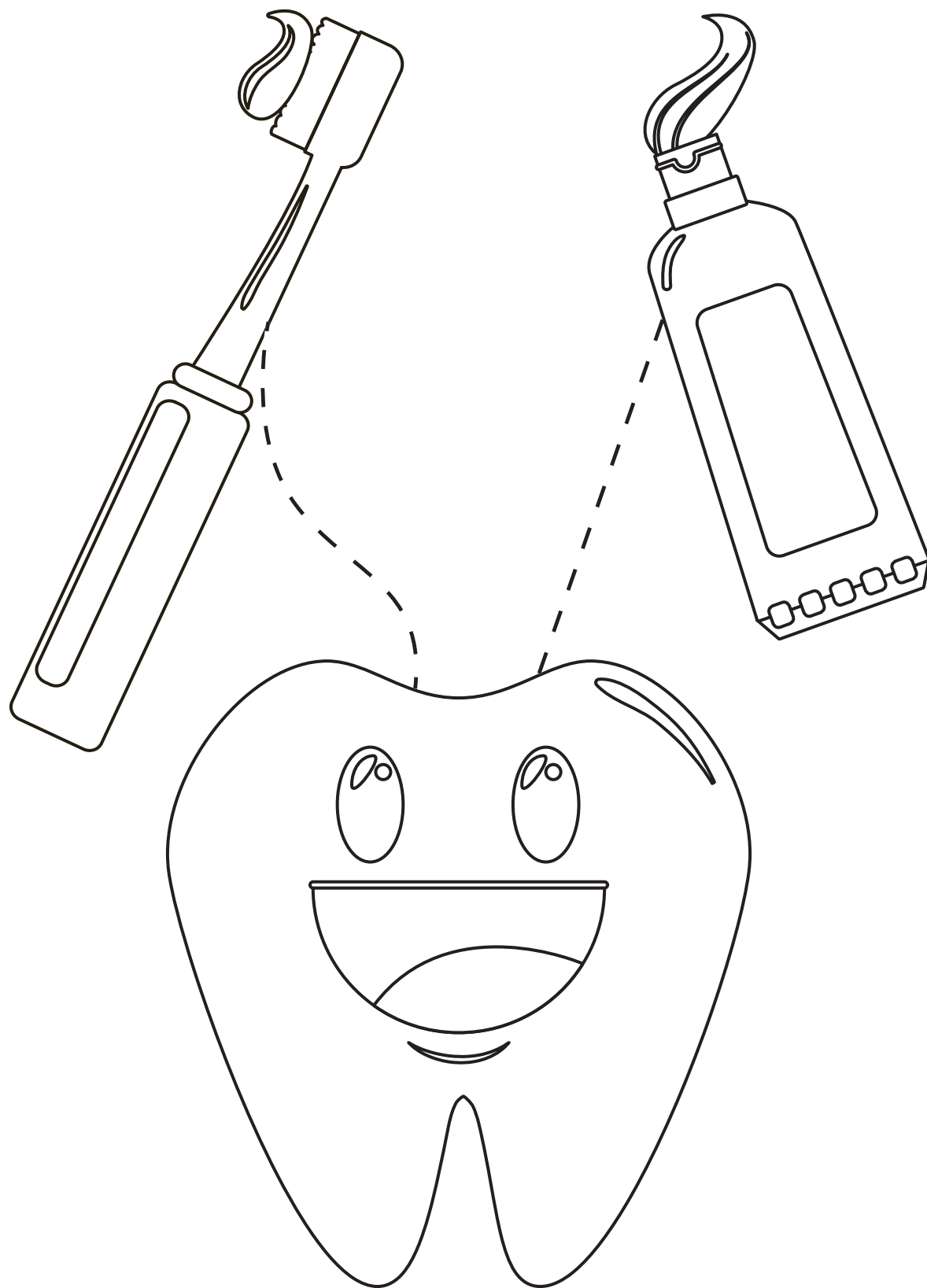


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 Singapore : Epigram Books, 2017.

WHERE'S MY TOOTHBRUSH?

INSTRUCTIONS FOR "WHERE'S MY TOOTHBRUSH?":

1. Trace the dotted line to match the toothbrush and toothpaste to the tooth.
2. Colour the images and create your own toothpaste flavours!



HOW I CAN KEEP CLEAN**INSTRUCTIONS FOR "HOW I CAN KEEP CLEAN":**

1. Discuss with the class ways that they can keep clean to prevent the spread of germs.
2. Fill in the blanks with the correct letters.
3. Colour the template!

**HOW I CAN
KEEP CLEAN**

1. Washing my hands
with _ o _ p.
2. Blowing my n _ _ e
with a piece of tissue.
3. Covering my mouth
when I _ o _ _ h.

Answers: soap, nose, cough