



Camp Infinity - Health and Hygiene

Guideline

Instruction for Teachers:

Introduce the word Health and Hygiene. Ask the children what they understand from this word, then discuss what each of them mean.

Discuss on the topics below in an interactive manner. Teachers can be creative to create flash cards or charts to present the concept on this Life Skill.

Divide the class into groups and conduct a quiz contest on the topics covered. Teachers shall prepare the questions ahead of the class based on the no. of children.

Details for Children:

Definitions

- **Health** is the level of functional or metabolic efficiency of a living organism. In humans, it is the general condition of a person's mind and body, usually meaning to be free from illness, injury or pain (as in "*good health*" or "*healthy*").
- **Hygiene** is a set of practices performed for the preservation of health. While in modern medical sciences there is a set of standards of hygiene recommended for different situations.

Personal Hygiene

1. **Stay dry and clean -**
 - a. Shower daily, Rinse out all the soap,
 - b. Clean your hands every now and then by using hand sanitizers. Wash your hands before and after you eat and after you use the toilet.
2. **Brushing hygiene** - Brush your teeth twice a day for at least 3-5 minutes. Make sure you do not put too much pressure as this can hurt your gums. Place the bristles along the gum line at a 45-degree angle. Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back and forth motion. Clean outer,



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inner and biting surfaces of teeth with scrubbing motion. (Show actions to enact it to the children). Use an anti-microbial mouthwash to get complete protection from germs. Floss your teeth. Ease the floss gently between your teeth, pull the floss smoothly back and front. Brush your teeth in the morning and night.

3. **Trim your nails** - If possible, trim them weekly and brush them daily with soap so that no dirt or residue remains beneath the nail.
4. **Wear Clean Clothes** - Wear a fresh set of clothes as often as possible. Dirty clothes are a source of contamination and can cause very serious skin disorders if worn over and over without washing them. Also, try wearing a clean pair of socks every day (especially after athletic activities) as this keeps your feet dry and not smelly.
5. **Fighting bad breath** - Drink plenty of water, Brush and floss regularly. Treat any existing oral diseases. Eat crunchy fruits and vegetables. Eat yogurt / curd, get your vitamins.
6. **Cleanliness around** - Keep your surrounding clean. Your room, your cupboard, classroom and school. Don't litter in public places and use Dustbins.

7. Eat Healthy Food and Drink plenty of water

Nutrition	Food Group	Recommended %
Carbohydrates	Cereals and grains, etc.	33%
Vitamins and Minerals	Various fruits and vegetables	33%
Meat Protein	Fish, meat and eggs	12%
Milk Proteins	Dairy products	15%
Fat and Sugar	Fatty foods, sugary sweets etc.	7%

Age	Water
4-8 yrs	1 - 1.5 Ltrs (approx 5 glasses)
8-14 yrs	1.4 - 1.6 Ltrs (approx 6 glasses)

Discuss about 'Eat Rainbow a Day'. Teachers can prepare a chart with the details given below with colorful pens.



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Eat a Rainbow Every Day				
List of items which you can choose in every meal.				
Blue / Purple	Green	White/Brown	Yellow/Orange	Red
Blackberries	Asparagus	Banana	Apricot	Apples
Blueberries	Broccoli	Cauliflower	Carrots	Beetroot
Dried Plums	Green Beans	Dates	Mangoes	Cherries
Eggplant/Brinjal	Cabbage	Garlic	Oranges	Red Cabbage
Raisins	Spinach	Ginger	Papaya	Red Capsicum
Plums	Peas	Mushroom	Pineapple	Radish
Purple Grapes	Celery	Onions	Yellow Pears	Tomatoes
	Green Grapes	Potatoes	Sweet Corn	Watermelon
	Cucumber	Turnip	Grapefruit	Strawberries
	Kiwi Fruit	Curd/Yogurt	Yellow Capsicum	
	Lettuce			
	Green Pears			
	Green Capsicum			

Activity: Eat a Rainbow Every Day

After discussing this chart, teachers can ask every child to say what color food they had previous day. Make a note about each child's food in A4 Sheet and give it to them. Encourage them to have rainbow food every day.

Name of Child:				
	Breakfast	Snack	Lunch	Dinner
Blue/Purple				
Green				
White/Brown				
Yellow/Orange				
Red				



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Mental and Physical Health

Simple steps that you can take in your life to keep **your mind healthy**.

Discuss the following for 5-8 years of age group

1. **Make sure you're getting enough rest.** Sleep is the body's way of recharging, meaning that sleep doesn't only increase your energy—it actually boosts your mental health.
2. **Exercise** - Don't sit for too long, minimise the amount of time children spend sitting watching TV, playing computer games
3. **Get some sun.** Sunlight can lift one's spirits, boosting mental health and preventing depression.
4. **Give and receive compliments.** Find reasons to praise people, and be willing to accept people's praises of you. This will help you to appreciate the good in those around you and recognize it in yourself.
5. **Talk to God about where you're at.** Interact with God in prayer on a daily basis and allow God to be a part of your stress-reduction strategy.

Discuss the following for 8 - 12 years of age group.

1. **Forgive yourself for past mistakes.** Messing up is a part of life, and mental health requires understanding that and moving past mistakes in our lives. Is there a mistake or regret that eats at you? Let. It. Go.
Quote: *"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier."*
2. **Find a good support system.** Whether family, friends, find a group of people who are willing to love you for who you are. This boosts resilience and helps to provide perspective in the midst of stress and pain.



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3. **Eat healthy.** Invest time in learning which kinds of foods bring you "up" and which kinds bring you "down." Committing to a diet can make you feel good about yourself, give you a sense of self-improvement, and boost your sense of accomplishment.
4. **Exercise.** Regularly exercising can help to cut back stress in your life, releasing pent up energy as you work your body. Exercise releases endorphins, chemicals in the brain that energize us.
5. **Get some sun.** Sunlight can lift one's spirits, boosting mental health and preventing depression.
6. **Leave some time for leisure.** Make sure you allow time in your schedule for whatever causes you to relax. Maybe it's watching movies or completing crossword puzzles or walking outside. Make time for the things you know relax you.
7. **Exercise** - Regularly exercising can help to cut back stress in your life, releasing pent up energy as you work your body. Exercise releases endorphins, chemicals in the brain that energize us.
8. **Commit to helping others.** You can build self-esteem and self-worth by regularly pouring out your energy and talents to help others. Volunteering is another activity that releases endorphins, boosting your mood.
9. **Do things that require discipline.** Self-control increases self-worth, as you feel like you can control aspects of your life.
10. **Give and receive compliments.** Find reasons to praise people, and be willing to accept people's praises of you. This will help you to appreciate the good in those around you and recognize it in yourself.
11. **Talk to God about where you're at.** Interact with God in prayer on a daily basis and allow God to be a part of your stress-reduction strategy. He's been doing it for thousands of years—He's got a little more practice than you do.