

SPOKEN ENGLISH LESSON PLAN

TOPIC 07: Daily Hygiene

LEVEL	1
TOPICS IN DETAIL	Basics of Personal Hygiene. Grooming guide. Why is it important?
DURATION	1 hour
LEARNING OBJECTIVES	<ul style="list-style-type: none">• To enable kids to recognize the importance of personal hygiene and grooming• To use problem-solving skills to make healthy choices
PROPS AND MATERIAL REQUIRED	Chart. Materials for the activities are mentioned separately.
POINT OF CONTACT	Parnika - 9483009966

STORY BOARD

TIME (IN MIN)	CONTENT	REMARKS
5	Buffer	
10	Introduce the topic	Start by asking the kids, how they begin their day. List down the various things that have to be done to maintain personal hygiene. Show them the charts and point at the few basic practices.
15	Song	Teach the kids any of the songs from the link below. Take the simpler songs with words that are simple for them.
15	Interactive Talk and Simple games	Talk about the dos and don'ts with regard to personal hygiene. You can also conduct the corresponding activity under each practice given below.
10	Story	Narrate the story given below. Be sure to explain the moral of the story.
5	Summary	Summarize the different practices of personal hygiene.

SUPPLEMENTS

a) Chart



<p>BRUSH YOUR TEETHS</p> <p>At least twice a day after waking up in the morning and before going to bed at night</p> 	<p>WASH YOUR HAIR</p> <p>Wash your hairs often keep it neat and tidy by brushing and styling as often as you can</p> 	<p>WASH YOUR HANDS</p> <ul style="list-style-type: none"> • After going to toilet • Before and after eating • Playing with animals • After brushing hairs • After playing outside 
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WE KNOW OUR

PERSONAL HYGIENE

<p>TAKE A SHOWER</p> <p>Take a bath or shower at least once a day. Change your underwear daily</p> 	<p>CHANGE YOUR CLOTHES</p> <p>Wear neat and clean clothes everyday, change your clothes when dirty or wet</p> 	<p>CLIP YOUR NAILS</p> <p>Keep your nails short and clean at all times</p> 
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b) Song

The link for the songs is given below. You can pick the appropriate song from the list and teach the kids 1/ 2 in the time available.

<https://www.youtube.com/watch?v=z0JiUHBNUfY>

<https://www.youtube.com/watch?v=9MG56G9XR1k>

<https://www.youtube.com/watch?v=liJLNXieVI>

c) Talk and Game –

Kindly go through this content and tell the kids some key points in an interactive manner. You can pick one or two activities from those listed under each practice and conduct it in your class. (Choose based on suitability for your class.)

Personal hygiene - taking care of your body

- Smelling clean
- Clothes
- Shoes
- Feet
- Hair
- Teeth

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 health.

Smelling clean

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

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

Clothes

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.

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 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 cover 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.

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:

- wash regularly with shampoo (cheap ones are often as good as very expensive ones).
- massage your scalp well. This will remove dead skin cells, excess oil and dirt.
- rinse well with clear water.
- use a wide toothed comb for wet hair as it is easier to pull through.

Teeth

- It is important to look after your first and your permanent teeth. Keeping your teeth, gums and mouth clean and healthy can prevent disease and infection, and can help to avoid pain and sickness. Also a clean healthy mouth feels nice, looks good and keeps your breath fresh.
- Your teeth need to be cleaned really well every day. This is because germs or bacteria (say bak-tee-ria) in your mouth grow on your teeth and around the gums every day. It is called dental plaque (say pl-ark) and it makes acids or poisons that attack the teeth and gums and cause disease. If you keep your teeth clean and healthy every day you will avoid problems like tooth decay, toothache, bleeding gums, yellow teeth and bad breath.
- Grab your toothbrush right away!

Tips for a healthy mouth, teeth and gums:

- Brush your teeth well twice a day (after breakfast and last thing before going to bed).
- Use a small toothbrush with *soft* bristles. Hard and medium bristled toothbrushes can damage teeth and gums.

- Use fluoride (say flu-or-ide) toothpaste. From 6 years of age you can use adult toothpaste, but make sure you spit it out when you have finished cleaning your teeth. Children under 6 need to use a special children's toothpaste.
- Gently and thoroughly brush each side of every tooth and the gums. It should take about 3 minutes to do them all. The SA Dental Service has a very good poster which shows you just how to do this.
- Dental floss cleans between your teeth but should only be used if you have been shown how to floss at the dentist.

Keeping your toothbrush safe from germs

- After brushing, rinse your toothbrush under running water.
- Store your toothbrush in a clean dry place.
- Do not share a toothbrush as this can spread germs.
- Replace your toothbrush often.
- Wash your hands after going to the toilet and before using your toothbrush.

Tooth-friendly foods

- Choose a wide variety of healthy foods every day.
- Finish a meal with a drink of water - this washes your teeth and mouth.
- Don't have lots of fizzy drinks especially ones that contain sugars and acids. These can cause tooth decay. Bottled water is not so good for teeth. It does not have fluoride in it.
- Where possible choose medicines and cough lollies that are sugar free.
- Milk and cheese are tooth-friendly foods. They contain minerals, which will help to repair tooth enamel.

ACTIVITIES –

1. Dental Hygiene –

Materials Needed

- One hard-boiled egg per student.
- One toothbrush per child.
- Toothpaste (enough for the children to share).
- One cup per child.
- A dark soda (enough for each child to share).

Plan

- Have each child look at their boiled egg and encourage them to look at how white it is. Next, pour some of the dark cola into each of the student's cups and

help them place their egg in the soda-filled cup. These eggs will sit overnight. Ask the students what they think the soda will do to their eggs overnight.

- The next morning, help the students remove their eggs from the soda-filled cups. Have them analyze their eggs to see how the soda stained them overnight.
- Help the students put a little toothpaste and water on their toothbrushes and help them gently brush their eggs. Encourage them to pay attention to how brushing their egg removes the stains. Explain that tooth brushing works the same way and helps to keep teeth clean, healthy, and free of stains.

2. Hand Washing

Materials Needed

- A working sink with hot and cold water (one sink per five students is preferred if possible).
- One dry hand towel per student.
- Foaming hand soap (enough for the students to share).

Plan

- Adjust the sink(s) temperature so that it is lukewarm. Help the first set of students wet their hands and dispense the soap onto their hands.
- Help them sing "Happy Birthday" as they wash their hands and lather up the soap. Once the song is over, help the students thoroughly rinse their hands. Hand them each a paper hand towel and help them thoroughly dry their hands. Move on to the next set of students.

3. Nails

Materials Needed

- A rubber hand.
- Ten plastic fingernails with nail glue.
- A pair of nail clippers (adult use only).

Plan

- Apply all ten fingernails to the rubber hand.
- Demonstrate proper nail trimming and explain to the students that they should have their parents help them with this.

4. Food Hygiene

Materials Needed

- Plastic eating utensils.
- Fake food (fruit, vegetables, meat, crackers).

Plan

- Briefly discuss the importance of hand washing again and why everyone should wash their hands prior to eating.
- Place some of the utensils and fake food items on the floor and ask the children if it is alright to use any of the utensils or eat any of the food if they have been on the ground for just a few seconds.
- Once they give their answers, discuss the dangers of eating food off of the floor and the dangers of eating with utensils that have been on the floor.

d) Story

The Toothy Toad

A long, long time ago there was a wizard who accidentally invented a rather unusual spell. **Whoever the spell was used on would get perfect teeth.** As he didn't know what to do with this discovery, the wizard decided to use it on one of his toads. After the spell was cast, the toad became a very smiley happy amphibian. Not only could he now eat all sorts of foods, but he also started speaking.

"**I'm delighted with the change**", repeated the toad, proudly, "I much prefer the consumption of candy to feeding on filthy flies".

The wizard noticed that the toad was taking little care about choosing what to eat, and he kept telling the toad,

"Look after your teeth, Mr Toad. Brush them so you don't get a toothache. And, above all, don't eat so many sweets..."

But the toad didn't pay much attention. He thought his teeth were too strong for him to have to brush them, and he liked sweets so much that he didn't even try to eat less.

One day, a tooth started decaying and, gradually, **the decay spread throughout his mouth.** Before long, the toad discovered that there were holes in all his teeth, and they were starting to fall out. **He decided to start looking after them,** but by then it was too late. And when his last tooth fell out, he lost the ability to talk. Poor Mr. Toad! If he hadn't lost that last tooth he could have told the wizard that if he gave him teeth again he would brush them every day. After all, **there's nothing more disgusting than having to go back to eating bugs.** Yuck!