

Lesson two: My body



Lesson aim:

Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene.



Learning outcomes:

- I can identify ways to keep clean
- I know when it is important to wash my hands
- I know how to wash my hands



Resources required:

- Hygiene items such as: tissues; soap; toilet roll; flannel; toothbrush; toothpaste; nail brush and plasters
- Resource sheet: Handwashing sequence

Key words: hygiene

Teacher notes:

When teaching about personal hygiene, it is important to focus on cleanliness and not subconsciously share value-based opinions about how someone should visually present themselves.

You could use different scented soaps for the soap smelling in Activity one. Ask pupils to identify a soap that they most like the smell of, to encourage handwashing. If the extension activity is completed, pupils could select their favourite soap for this.

Begin the lesson by...

Explaining we will be learning about why it is important that we keep our bodies clean and healthy, and some ways that we can do this. Keeping the body clean can help us to feel good about ourselves. It also helps to prevent germs being spread and some illnesses.



Activity one: What keeps us clean?

Tell pupils to sit in a circle. Pass some hygiene items around the circle. Allow pupils to touch, smell and familiarise themselves with the hygiene items.

Pass around the soaps. Ask pupils to smell it/them, asking them to consider if they think it smells nice or not. Pass around the toothpaste and ask pupils to smell it, asking them to consider if they think it smells nice or not.

Invite pupils to come to the front of the class and select a hygiene item of their choice, and demonstrate its use to the class. This will allow you to assess pupils understanding of how all the items are used. Add to the suggestions as necessary to ensure full understanding is developed.



What do all of the items have in common?

Suggested answer: *They are all things that we can use to help keep our bodies clean and hygienic, helping to prevent becoming ill and spreading germs to other people.*



Activity two: When to wash

Explain that regularly washing hands is important, as our hands can get dirty and pick up germs throughout the day. There are also times when it is important to wash our hands before and/or after some activities. This helps to protect ourselves and other people from germs that might cause illness.

Read out the following everyday situations to pupils and ask them if they think it requires hands to be washed before, afterwards or both:

- Going to the toilet
- Stroking an animal
- Eating some food
- Sneezing
- Coughing
- Blowing nose
- Visiting someone who is sick
- Going to hospital
- Playing at the park

Confirm/correct any answers to ensure full understanding is developed.



Activity three: Happy handwashing

Give each pupil a copy of the handwashing chart. As you explain each step of handwashing to the class, tell them to pretend to wash their hands to practice each stage. Once each stage has been learned, encourage pupils to put the sequence of stages together whilst singing a familiar short song, such as 'Happy birthday to you, to demonstrate how long hands should be washed for. You could adapt the words to 'Happy handwashing to you'.

Help pupils to cut out the hand washing stages from the handwashing chart. Tell pupils to stick these to a sheet of paper in the correct sequence order.



Extension:

Take pupils to the hand washing stations within your school to practice washing their hands without the prompt sheets, to see if they can remember the correct techniques and timings. If possible, you could arrange a visit by a dentist, who could talk about dental hygiene and the importance of this and/or repeat an adapted version of the handwashing activity to teach about tooth brushing.

Finish the lesson by:

Providing pupils with an opportunity to ask questions. Ask pupils to name a hygiene item that they have looked at in the lesson, and explain how it can be used to keep the body clean. Remind pupils that maintaining good personal hygiene helps to keep the body clean and healthy and helps to prevent germs from spreading. Whilst not all illnesses can be prevented in this way, people are less likely to become ill if they wash their hands properly throughout the day, especially at certain times such as after going to the toilet or before eating. Reassure pupils that if they are ill this does not mean that they have not kept themselves clean, as some illnesses are spread in different ways. Signpost pupils to who they can talk to in school if they have any worries or questions about what has been taught in the lesson.



Assessment:

Activity one: Pupils identified a range of hygiene items and how they can be used to maintain personal hygiene.

Activity two: Pupils recognised range of situations where handwashing can reduce the risk of germs and bacteria being spread.

Activity three: Pupils demonstrated effective handwashing techniques, and were able to correctly order the sequence of handwashing.

Evidence of assessment: Correctly sequenced hand washing sheet.

1 Use soap



2 Rub palm to palm with fingers



3 Rub back of hands



4 Rub each wrist



5 Rinse your hands



6 Dry your hands

