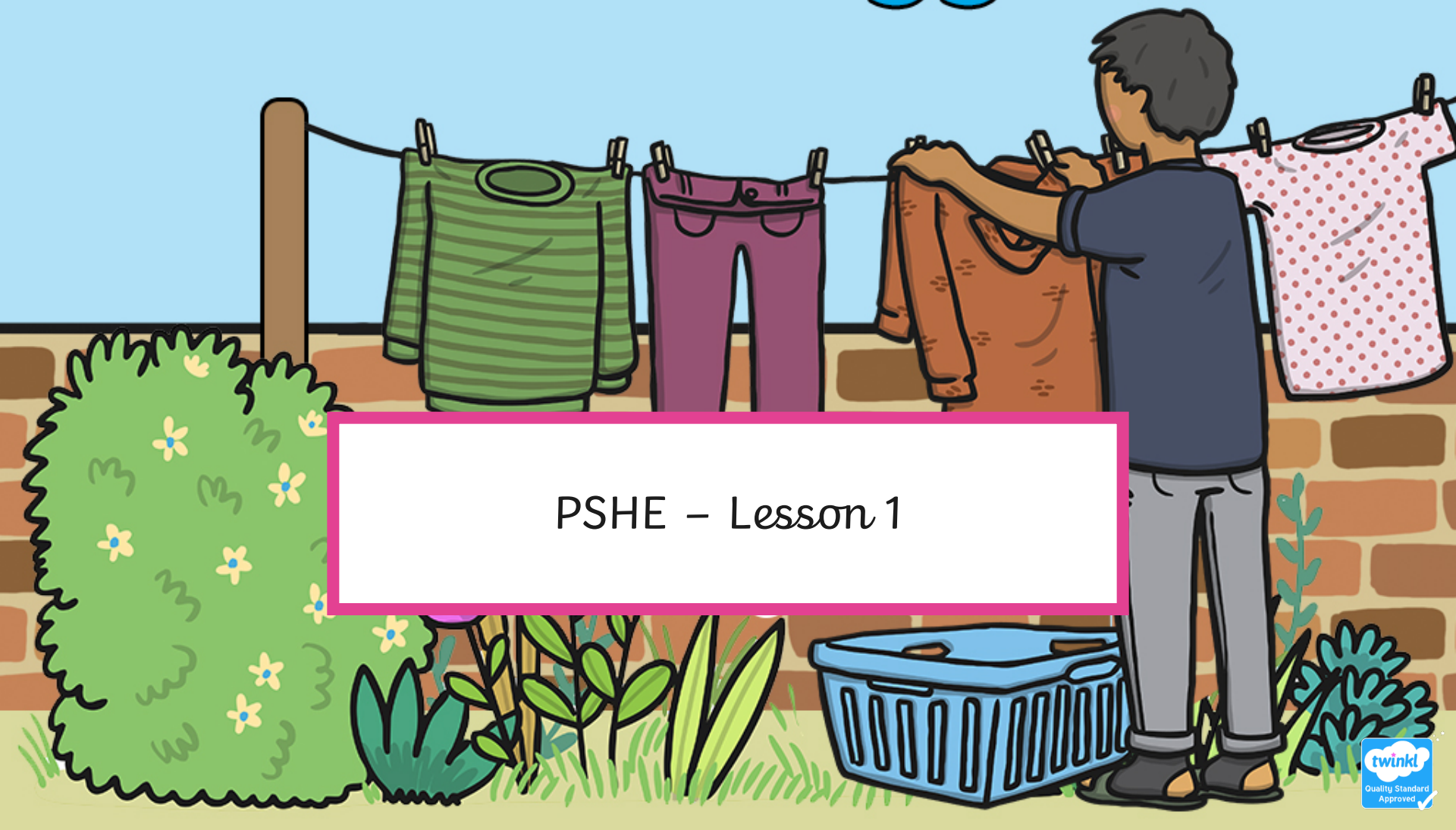
Personal Hygiene



PSHE – Lesson 1

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What Is Personal Hygiene?

Personal hygiene is how we look after our bodies. Keeping ourselves clean and tidy makes us feel better about ourselves and also keeps us, and those around us, healthier!



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What Does It Include?

Can you think what might be included in personal hygiene? Discuss:

- Brushing our teeth;
- Washing our hands;
- Wearing clean clothes;
- Showering or bathing regularly;
- Keeping our noses clean;
- Minimising the spread of germs where we can!

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Brushing Our Teeth

It is recommended that we brush our teeth twice a day, for around 2 minutes.

We should visit the dentist every 6 months for a check up.

Brushing properly removes plaque. Plaque can cause cavities, toothache, gum disease and even our teeth to fall out!

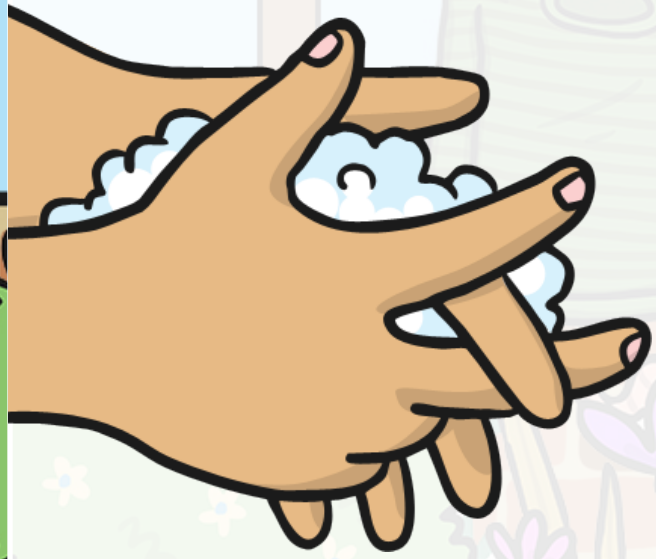
It also gives us lovely fresh breath!



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Washing Our Hands

Washing our hands is one of the simplest ways we can keep ourselves and those around us healthy.



Think about everything your hands touch in a day...

- Computers screens and keyboards
- Door handles and stair banisters
- Toilet flushes

How many other people have touched these things too!

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Handwashing



When we touch things, we pick up germs, which we can then spread by rubbing our eyes, putting things into our mouths, etc.

We can even spread them to our friends and family without realising. Some germs can make us feel unwell, from a cold to a tummy bug and more.

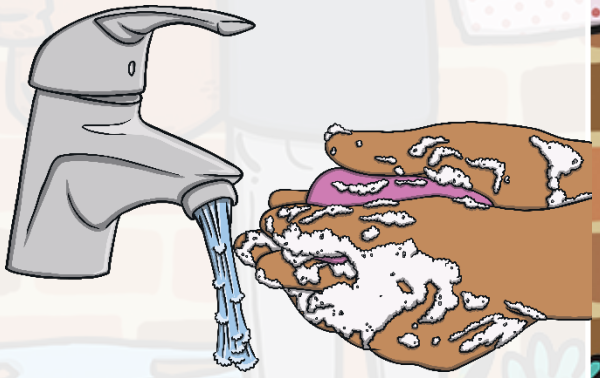
Washing our hands with clean, warm water and soap will kill off the germs and keep our hands clean.

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When Should We Wash Our Hands?

Can you think of times when its really important to wash your hands? Discuss!

When they are dirty!
Before we eat or help prepare food
After petting animals
After using the toilet
After we sneeze, cough or blow our noses
Before **AND** after visiting someone who is unwell



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Don't Forget About Your Nails

When washing our hands, it is important to keep our nails clean. Underneath our fingernails is a great place for germs to hide!

It's best to keep your nails neatly trimmed and clean!

And try not to bite them.....



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Clean Clothes

It is really important to wear clean clothes. If we wore the same thing all the time, they would get dirty and start to smell.

We don't mean wear new, clean clothes every day, but if, for example, you wear the same trousers to school for a few days, make sure that you take them off as soon as you get home and let them air out for a while!



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Don’t Forget Your Underwear!



Underwear is different. Underwear covers our personal parts, which can get the most sweaty.

This includes socks!! Our feet are covered in sweat glands and can get sweaty and smelly as we’re on our feet a lot!

Remember to change your socks and underwear every day! And put the dirty ones in the dirty washing basket! Don’t leave them on your bedroom floor! YUCK!

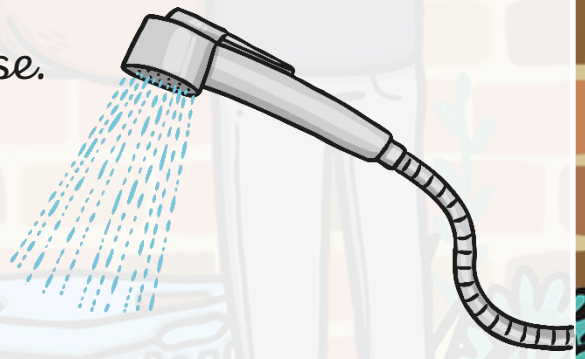
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Showering or Bathing Regularly

Years ago, it was difficult to keep your whole body clean. Water had to be heated by the fire, a bath tub was filled and the whole family used the same bath water. Remember, families were bigger back then, sometimes with 6 or more children! Can you imagine being last to use the bath water?

Luckily, it's very different nowadays! We have hot water straight out the shower or taps for the bath so there is no excuse not to shower regularly!

It is especially important to shower after we exercise.



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Scrub-a-dub-dub

When bathing or showering, remember to clean yourself properly

Think about the body parts which may need cleaned most frequently. Under our arms, between our legs and those feet with all the sweat glands!

To keep your hair clean, use shampoo. If we don't wash our hair regularly, it can look greasy as oils start to build up on our scalp.



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Keeping Our Noses Clean

Have you ever had a really runny nose? Or has it been really blocked and you feel like you can't breathe through it?

It's a horrible feeling, but we have all been there!

The only acceptable way of dealing with this is a tissue.

Sniffing, picking, wiping with sleeves...
YUCK!



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Using a Tissue

If you need to blow your nose, use a tissue...

However:

Dirty tissues must be binned or flushed down a toilet straightaway!

Don't share used tissues with others.

Wash your hands after using a tissue.



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Spreading Germs

Germs and bacteria spread. It's a fact and we cant stop it, but we can try to minimise their spread. Following the tissue rules and washing our hands are really easy ways to minimise the germs we spread.

Can you think of any other ways?
Discuss:

covering our mouths when we sneeze or cough;

not sharing water bottles, etc;

not coming to school if you have a tummy bug and have been sick;

try not to touch our eyes, noses and mouths too much.

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Can you make a poster about the importance of good hygiene?

Maybe you could put it up in your house to remind your family about keeping clean.

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We have thought about things we must do to keep a bodies healthy.

Now we are going to think about things we can do to keep our minds heathy and happy.

Eating a healthy diet, exercising, getting plenty of sleep, and keeping clean are all things we have mentioned when discussing keeping our bodies healthy.

Did you know these things make you mind feel healthier and happier too?

Keeping a good routine, even when staying at home, will help with this as well.

Think about some things in your life that make you feel happy?

Can you write them all on a mind map?

Finding time to relax and do nothing is important too.

Try sitting down, turn any TVs or music off so it is nice and quiet.

Close your eyes and think about some of those things that make you feel happy.

When you feel relaxed, have a think about your day. What have you done really well today?

It's easy to think about things we haven't done well but it is so important to celebrate our successes every day.

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