

Personal **Hygiene**



1 Name of the activity: **MY PERSONAL HYGIENE CHECKLIST**

Preparation: Copies of checklist for personal hygiene.

How to do the activity:

- Distribute copies of the checklist to all children.
- Ask them to tick on the habits that they already follow, give reasons for following it and write which ones they would like to adopt immediately and the reason for it.
- Ask few children at random to share their checklist.



PERSONAL HYGIENE CHECKLIST

I brush my teeth every morning, before eating anything and at night before going to sleep.

I wash my hand properly before taking food.

I wash my face with fresh water 2-3 times a day.

I take bath every morning before coming to school.

When I get injured, I clean the wound with running water and soap.

I cut my nails regularly.

Learning outcome: Students will understand the subject of personal hygiene and will be able to assess themselves in terms of personal hygiene on the basis of the checklist.

2

Name of the activity:

PERSONAL HYGIENE – KEY TO SUCCESS

Preparation: None

How to do the activity:

- Conduct a debate on the topic “good personal hygiene is also a key to success”.
- The best speaker should be asked to speak again in the morning assembly.



Learning outcome: Students will be able to get an insight into the topic of personal hygiene and learn to adopt various ways to maintain good hygiene.