

Personal Hygiene



twinkl

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Quality Standard
Approved

Thursday 23rd June 2019

LO: To learn about the impact of puberty on physical hygiene and strategies for managing this

I can explain how changes at puberty affect body hygiene

I can describe how to care for their bodies during puberty

I can recognise the similarities between the needs and wants of boys and girls and challenge gender stereotypes around hygiene and grooming

Odd one out



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!



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!



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 flushers

School equipment e.g. pencils, rulers, rubbers

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.



When do we wash them?

When they are dirty!

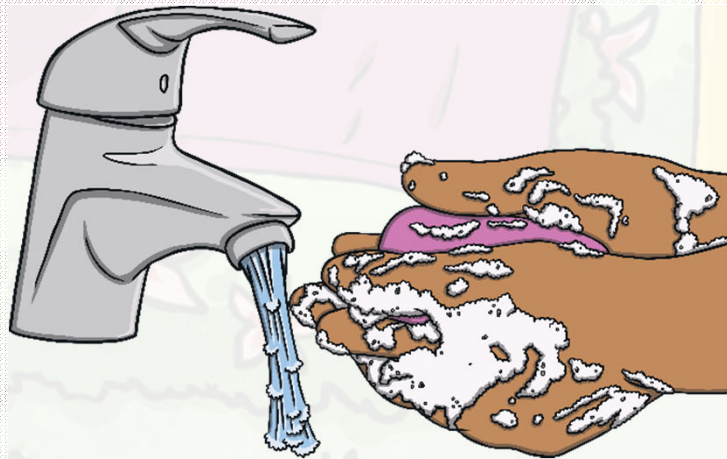
Before we eat or help prepare food

After petting animals

After using the toilet

After we sneeze, cough or blow our noses

Before AND after visiting someone who is unwell



Wearing 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!

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!

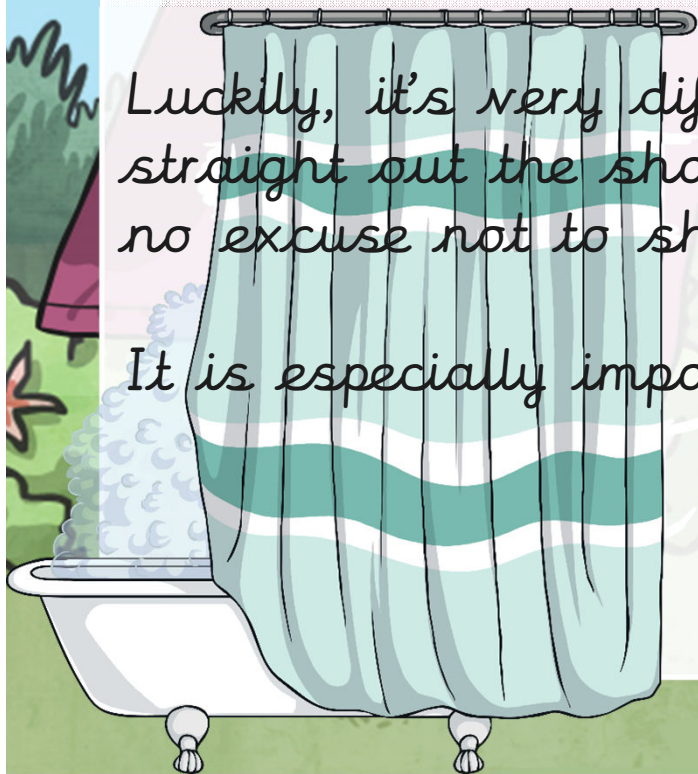


Showering/ Having a bath

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.



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! When you go through puberty you sweat more so will need to put on deodorant once a day and after exercise to keep smelling sweet!

When you go through puberty your skin becomes more oily. This can block pores and spots can appear. It is important to wash your face and cleansers can be bought from the supermarket to help to keep your face clean.

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.



Main Task

Label the body with the correct items to help keep it clean. Explain the importance of keeping clean and what products are needed in order to do this

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Draw a line, using a ruler and a pencil, from each product to the part of the body you would use it with.



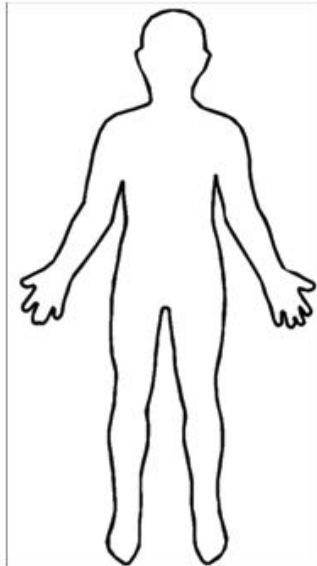
Toothpaste



Showergel



Anti-perspirant



Shampoo & conditioner



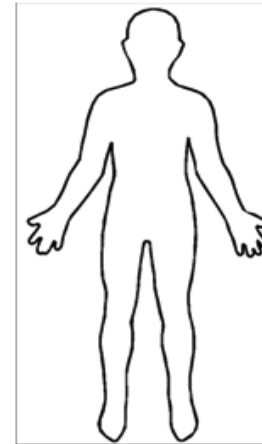
Facewash

Why is it so important to have a personal hygiene routine?

How do the products above help with keeping clean and hygienic?

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Annotate the picture below with the products you would use to keep yourself clean and hygienic.



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