

Care for the Body



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!



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;

Minimising the spread of germs where we can!

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 flushes

How many other people have touched these things too!



Handwashing

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



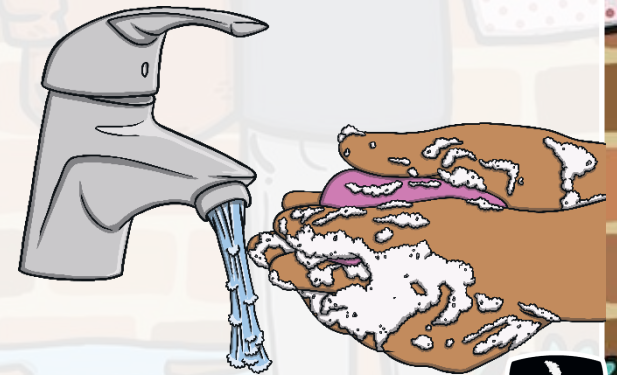
We can even spread them to our friends and family without realising. Some germs can make us feel unwell, from a cold to a tummy bug and more.

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

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



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.....



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.

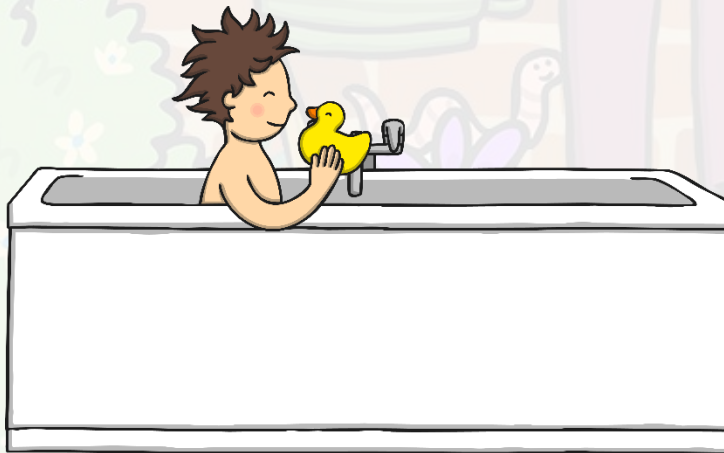
We don't mean wear new, clean clothes every day, but if, for example, you wear the same trousers to school for a few days, make sure that you take them off as soon as you get home and let them air out for a while!



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

Eat a Balanced Diet

Eating a balanced diet means eating lots of different types of foods. We should eat healthy foods, such as fruit and vegetables. We can eat other foods like cakes and chocolate too, but we shouldn't eat too many of these.

It is really important to have lots to drink too. Water is a good option, but you may like to drink milk, fruit juice, squash and hot drinks too.

What are your favourite foods? What do you like to drink?

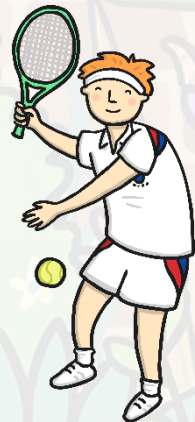


Do Some Exercise

Doing exercise helps our bones and muscles to grow strong. Exercise helps us to stay fit and healthy.

There are lots and lots of different types of exercise – you could play a sport, such as football, do some dancing, go for a walk or go swimming. You could play games with your friends that include running or moving in different ways, such as hopping or skipping.

What exercise do you like to do?

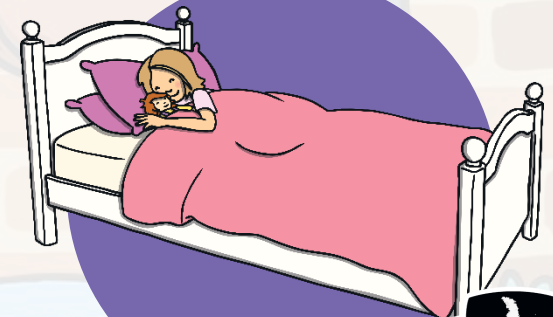
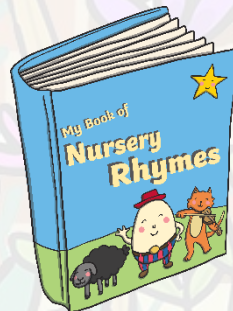


Have Plenty of Rest and Sleep

Our bodies will tell us when we need a rest. Sometimes when we are playing, we will need to stop for a rest – especially if we have been running around!

We need to get lots of rest and sleep at night time too. Getting a good night's sleep helps our bodies to grow and makes us feel better. We will feel sleepy if we do not get enough sleep and this means we are not able to learn or play properly.

What do you do before you go to bed? Do you like having a bedtime story?



Care for the Body

