Intro/opening activity

To recognize and identify the things that help us to keep clean and to understand the importance of hygiene .

Learning Objective:

- To understand the importance of personal hygiene.
- To learn about the different things that help us to keep clean .
- To learn about the different ways to keep ourselves clean .

Learning outcomes

- Almost all the students will be able to understand the concept.
- Majority of the students will be able to know the meaning of cleanliness.
- A few students will be able to identify method of cleaning.

Concept Details







STEPS TO WASH HANDS





WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS

STEPS TO FOLLOW ON SNEEZING

- Use your elbow/ towel while you sneeze.
- Say the golden words THANK GOD after sneezing.



Concept activity



- Colour the things that help us to keep clean .

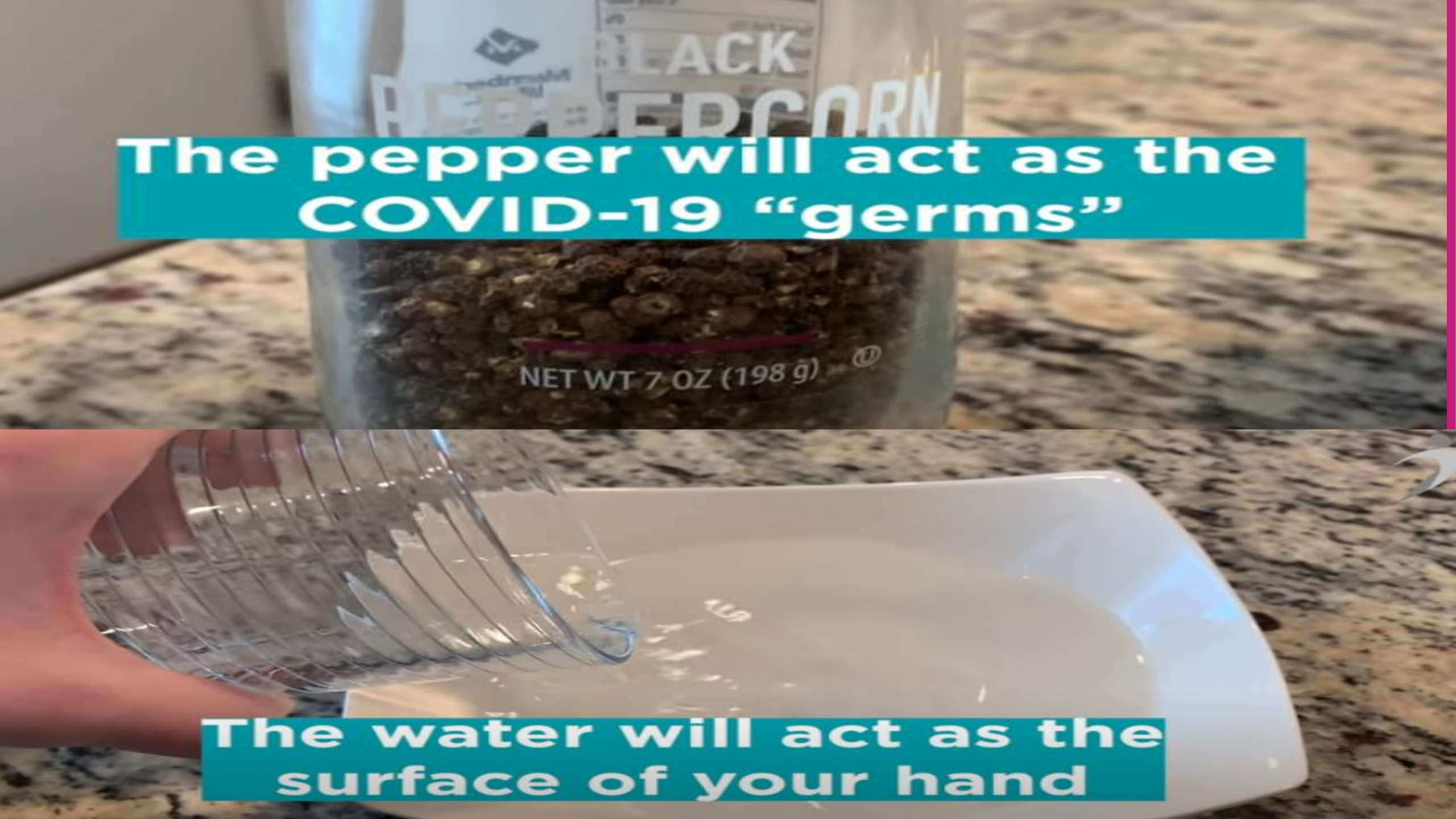


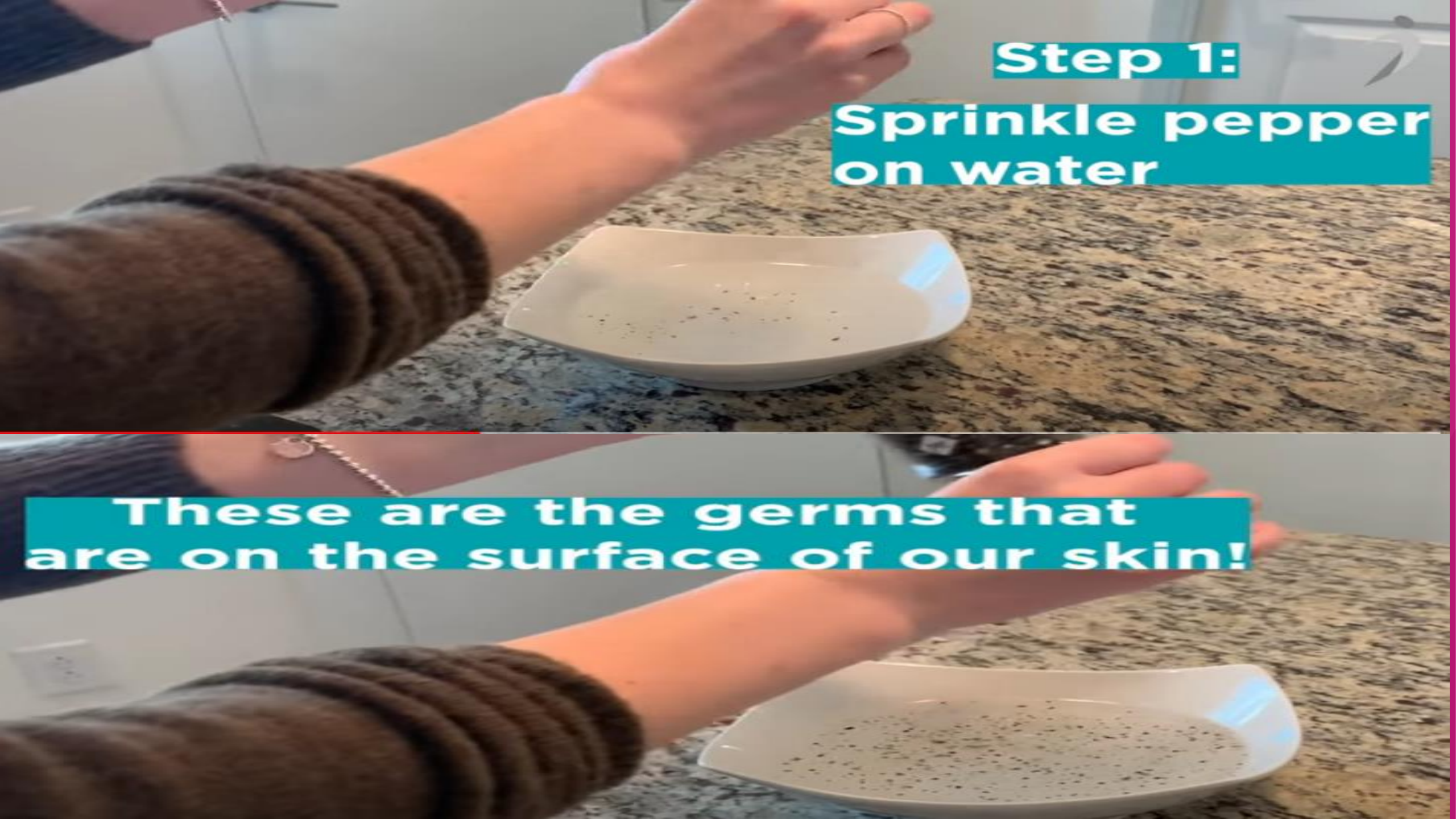
- Draw and colour a few things that help us to keep clean .
- Cleanliness song : https://youtu.be/9MG56G9XR1k

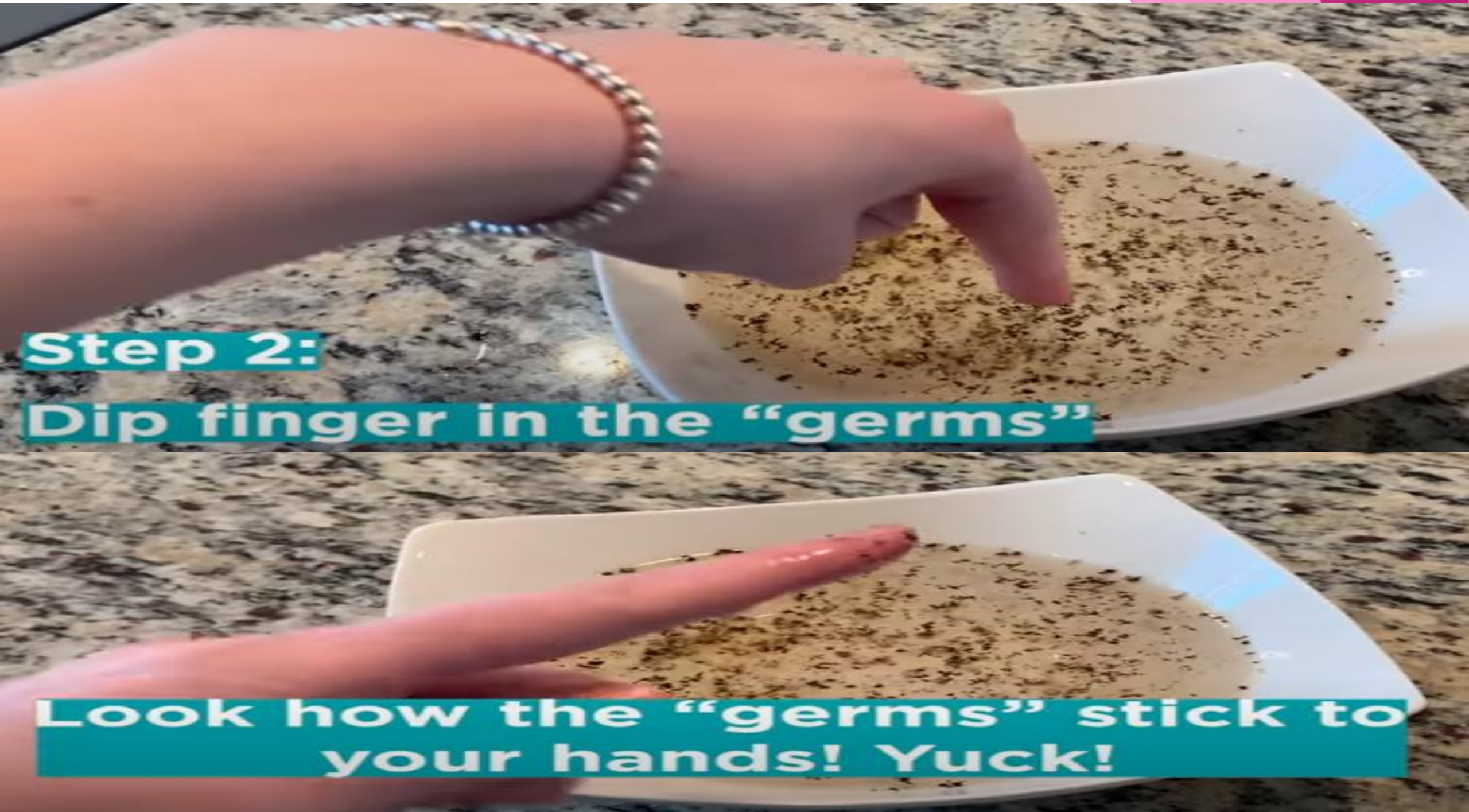


GERMS EXPERIMENT




The pepper will act as the COVID-19 “germs”
NET WT 7 OZ (198 g)
The water will act as the surface of your hand


Step 1:
Sprinkle pepper on water
These are the germs that are on the surface of our skin!


Step 2:
Dip finger in the “germs”
Look how the “germs” stick to your hands! Yuck!


Now, here's what happens when you use soap and wash your hands
Step 3:
Coat your finger in soap. This is you "washing your hands."


Step 4:
Stick your soapy finger in the “germs”

Cross Curricular Link– (CCL)

Math-

How many times should you brush your teeth ?

English-

Which letter does the word cleanliness start with ?

EVS-

What happens when you dip your soapy finger in germs ?(from the experiment)

AFL and Plenary

Q1.Name five things you can use to keep yourself clean .

Q2. Name four clean habits .

Q3. Why is it important to frequently wash your hands ?

Q4.What is the golden word we used after sneezing?