

Personal Hygiene

What is personal hygiene?

Keeping your body **clean** is an important part of keeping you healthy and helping you to feel good about yourself.



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What do you **already** know about personal hygiene?



Washing Your Hands

We need to wash our hands a lot during the day.

Wash your hands with soap and **warm water**.

Scrub all over and around your hand.

Wash for 20 seconds.

Dry with a clean towel.



When should we wash our hands?



Taking a Bath or Shower



Wash hair with **shampoo**

Wash your **whole body** with soap

Use a clean towel

Brush your hair

We need to take a bath or shower everyday.
We might need to shower if we get dirty too.



Wearing Clean Clothes and Shoes

We need to wear clean clothes **everyday**.



We need clean:

shirt

pants or shorts

under wear

socks

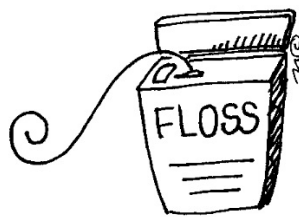


Wash them in the washer with laundry soap.

Brushing and Flossing Your Teeth



Brush your teeth in the **morning** and at **night**.





Going to the Bathroom

Where is the **proper place** to go to the bathroom?



When you are finished make sure to **wipe**.



Don't forget to flush.

Wash your hands for 20 seconds.

Clipping your Fingernails



We need to clip our finger nails and our toe nails.

We also need to keep them clean.

If you get **dirt** under them, clean it out.



Going to the Dentist and Doctor



We go to the dentist and the doctor for **check ups**. They can help us with questions or problems about personal hygiene.

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What new things did you learn about personal hygiene?