

4th Grade Hygiene Education

Topic: Hygiene for Healthy Living

Learning Objectives:

1. Understand what hygiene is and why it's important.
2. Learn basic hygiene habits to stay clean and healthy.
3. Practice good hygiene daily.

Lesson Outline:

1. What is Hygiene
 - a. Definition: Hygiene is keeping yourself clean to stay healthy and avoid getting sick.
 - b. Why it matters: Explain that germs (tiny living things) can make us sick, but good hygiene helps stop them.
 - i. How germs spread, describe and demonstrate with activity below.
 - ii. Use a simple visual, like a pic. showing germs on hands before and after washing.
2. Key Hygiene Habits
 - a. Handwashing
 - i. When to wash: before eating, after using the bathroom, after sneezing or coughing, after playing outside.
 - ii. How to wash: soap and water, scrub for 20 seconds (birthday song) outside of water, rinse, dry.
 1. Activity: Practice using glitter as germs and then washing hands correctly to remove germs.
 - b. Brushing Teeth
 - i. Brush twice a day for 2 minutes.
 1. Brush in circles, reach all parts of the mouth.
 2. Large toothbrush and set of teeth.
 - ii. Floss daily.
 - c. Bathing and Hair Care
 - i. Take a bath or shower regularly to wash away sweat and dirt.
 1. Wet, lather, rinse.
 2. Cleanest to dirtiest.
 - ii. Wash hair 3 times a week to keep it clean.

- iii. Put on clean clothes every day.
 - iv. Wear deodorant.
 - d. Cover Coughs and Sneezes
 - i. Use a tissue or your elbow to cover.
 - e. Keeping Nails and Feet Clean
 - i. Trim nails to prevent dirt buildup.
 - ii. Wash your feet daily to avoid smelly germs and wear socks.
- 3. Activity
 - a. Hygiene Bingo.
 - i. Students mark off tasks they have completed that week.
- 4. Wrap-Up and Questions
 - a. Recap clean hands, clean teeth, clean body= healthy body.
 - b. What is one hygiene habit you will practice every day?
- 5. Take Home Activity
 - a. Hygiene Checklist
 - i. Students can track their daily habits on it for one week.

<https://www.healthdirect.gov.au/personal-hygiene-for-children>

<https://www.southridingpediatrics.com/back-to-school-hygiene-tips-a-guide-for-parents-and-kids/>

Child Health, Sept. 5th 2023: <https://www.toplinemd.com/childrens-medical-center-south-florida/personal-hygiene-for-kids-tips-for-teaching-children-about-hygiene/>