



Title: My Body: Keeping Clean

Level: FIRST

Code: 1.1.2

Links to Curriculum for Excellence

First Level learning is concerned with children learning to look after their body. Learning at this level in terms of personal hygiene also helps prepare children for learning at Second Level where there is a more emphasis on the importance of personal hygiene with puberty.

Experiences and outcomes	Benchmarks
I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB1-47b I am learning what I can do to look after my body and who can help me. HWB1-48a	<ul style="list-style-type: none"> Identifies the correct words for body parts and their functions, for example, womb, scrotum, ovaries, vagina. Explains about own and others’ needs for privacy.

About this activity

In this activity children consider personal hygiene, in terms of their bodies, their clothes and some behaviours like coughing/sneezing. Of course, at this age children are very dependent on adult or elder siblings as carers and so there is some suggestion about connecting learning with home.

Resources to support this activity

- Key terms with definitions
- Hygiene chart/activity prop

Activity

1. Begin with an introduction that explains to the children that they will be learning today about keeping clean and keeping healthy – that this is called hygiene. Show the word and definition on the whiteboard:

What is hygiene? Hygiene is about keeping clean so that you can keep healthy. If you don’t keep yourself and your things clean, then germs can grow and make you ill.

2. Put this question on the whiteboard and write down/have the children write ideas as you go: **What parts of our body do we need to keep clean? What things do we wear that we need to keep clean?** Ensure that children have considered oral hygiene, their hair, hands, feet, bodies and the clothes they wear.

3. Tell the children you have two words you would like to introduce, they are important when we think about keeping clean and healthy. Put **perspiration**, and then **bacteria**, on the whiteboard and read and discuss.

Perspiration is another word for **sweat**. Sweat comes out of your pores (that's the little opening in your skin). To start it doesn't have a smell, but then bacteria grow in it and can start to smell bad. Its important to change your clothes because they get sweat on them. You should change pants and socks every day.

Bacteria are living things, so small you can only see them if you use a microscope. They are everywhere, and we can have good bacteria (like the bacteria that live in our stomach and help us digest food), and bad bacteria that live and get smelly if we don't wash our bodies or clothes.

4. Explain to the children that there is a very important thing that everybody does that is a time to think about hygiene, about keeping clean – that's when we go to the toilet, for a wee or for a poo. Put the sentence on the whiteboard with the graphics provided.

We must remember to keep clean when we go to the toilet.

5. Explain that when we go to the toilet this is our body getting rid of wastes which our body doesn't need. But this means that wee and poo are full of bacteria that can smell bad or make us sick if they get back into our body. Give the children information along these lines, it may be helpful for children to understand if you have some toilet paper and make a square with it when talking about wiping after a pee/poo:
 - *If you are a boy and you pee you must make sure the pee goes into the toilet or urinal, you need to shake your penis to get the last few drops of pee in the toilet. A boy can use toilet paper to wipe themselves gently too.*
 - *If you are a girl and you pee you will need some toilet paper and you wipe yourself gently from front to back.*
 - *After you go to the toilet for a poo – boy or girl – you should get some toilet paper and wipe your bottom enough times to make sure it is all clean. You put the toilet paper in the toilet and flush it all away.*
 - *Then, if you have had a pee or a poo, you must wash your hands with soap and water.*
6. Explain that you want the children to work with a partner to think about this question: **What things do we do to keep ourselves clean?** Share the **hygiene chart/prop** that describes all the areas that children need to think about. Read through the items on the left and ensure understanding of any terms they may not be sure of e.g. *oral hygiene*. Task them with writing in things they can do to be clean and germ free.
7. Bring the children back together to share and review their charts.
8. Share the Brain Pop animation as a review and reminder of what they have been doing today: <https://youtu.be/jQ2e0KH5Wrl> 5 minutes 28 seconds

Additional ideas

- ‘Germ Outbreak’ is made of 3 x 30 minute activities from Food Standards Scotland, you can use any of the sessions to extend learning about the importance of washing our hands and doing an experiment to show how germs spread from your hands:
<http://www.foodstandards.gov.scot/education-resources/germ-outbreak>

Connecting with home

A short note and suggested home activity below. Children should be given a blank hygiene chart prop.

The children are working on the topic of my body. They are learning about having a healthy body and keeping clean. In the class/group we have been thinking about all the things we can do to keep healthy and clean. The children have a *hygiene chart* which they can share with you. They do not need to bring it back to school, its just for fun and conversation at home. Your child will know some things to put on their chart, and you can help with other ideas. When you have completed it your child could pin it on the wall to help them remember things about personal hygiene.

Further learning activities are available that connect to this RSHP curriculum content

1.1.1 Names of parts of my body

Practitioner Notes