

Keeping Clean

- I can name parts of my body.
- I can talk about why keeping clean/hygiene is important to health.
- I can describe what I can do to maintain personal hygiene, including washing my hands and when I go to the toilet

What is hygiene?

Hygiene is about keeping clean so that you can keep healthy. Every child has the right to be healthy, and to good hygiene.





What parts of our body do we need to keep clean?

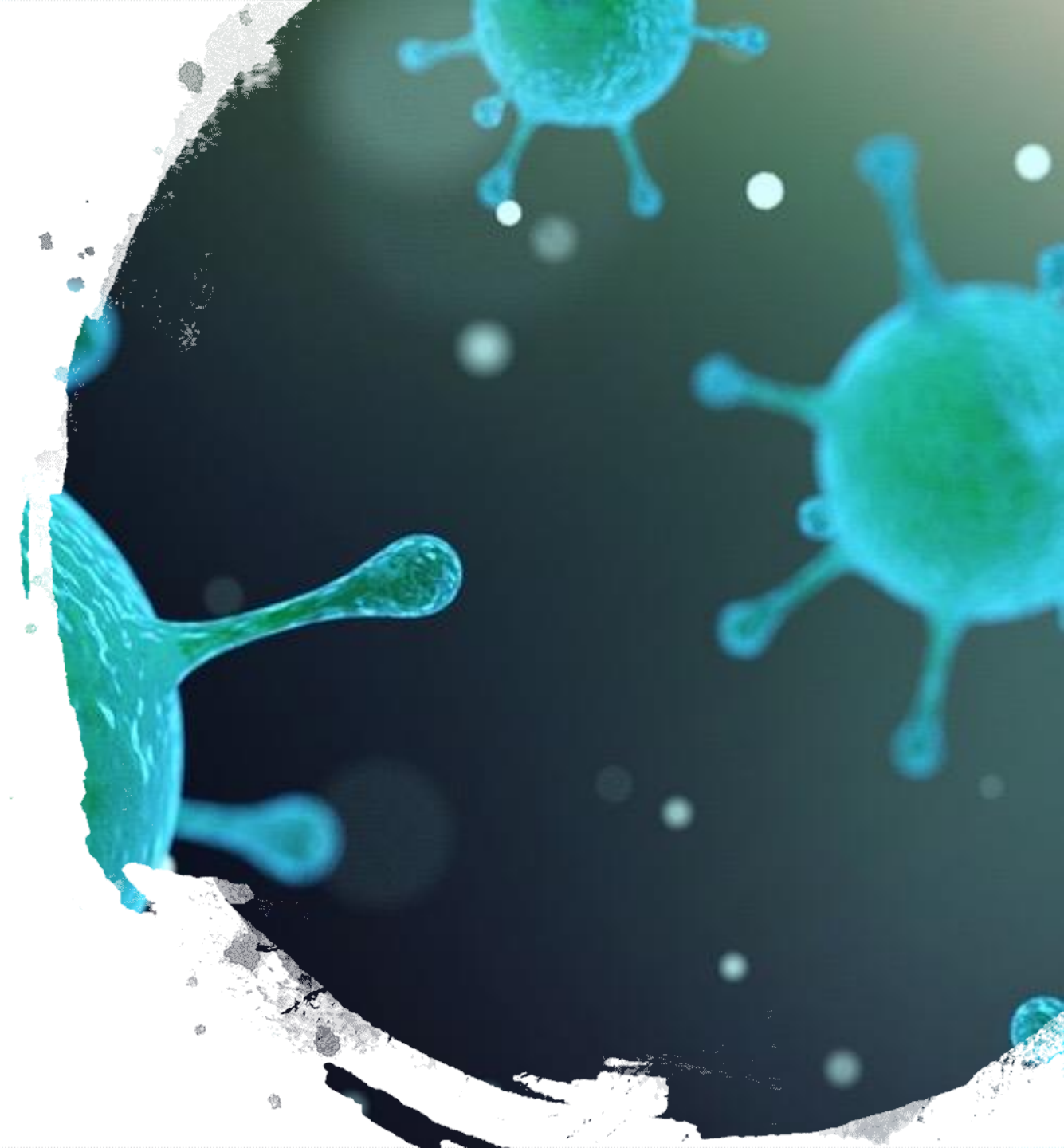
What things do we wear that we need to keep clean?



Perspiration is
another word for
sweat.



Bacteria are living things,
so small you can only see
them if you use a
microscope.





What do we use to clean ourselves or our clothes?

What things do we do to keep ourselves clean?

Let's do our 'Keeping clean hygiene chart'.

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



Going to the toilet and keeping clean



If you are a boy and you urinate you must make sure the urine goes into the toilet or urinal, you need to shake your penis to get the last few drops in the toilet. A boy can use toilet paper to wipe themselves gently.

Going to the toilet and keeping clean



If you are a girl and you urinate you will need some toilet paper and you wipe yourself gently from front to back.



Going to the toilet and keeping clean



- After you go to the toilet for a bowel movement 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, you must wash your hands with soap and water.

Brain Pop Personal Hygiene

<https://youtu.be/jQ2e0KH5WrI>