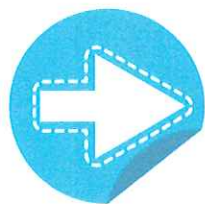
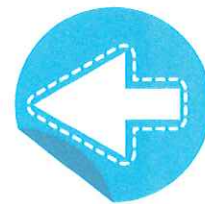


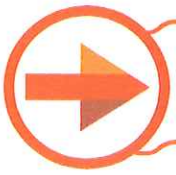


Meeting 8 Hygiene



Here are three fun ways to teach Helping Hands about hygiene. Adapt the activities to meet the needs of your Helping Hands or create your own activities.





The following activities partially fulfill the requirement for My Self III: I Can Care for My Body, which is to complete the Hygiene award. See the Helping Hand Activity Book for accompanying worksheet(s).

ACTIVITY

1

Healthy Teeth and Gums

15

MINUTES

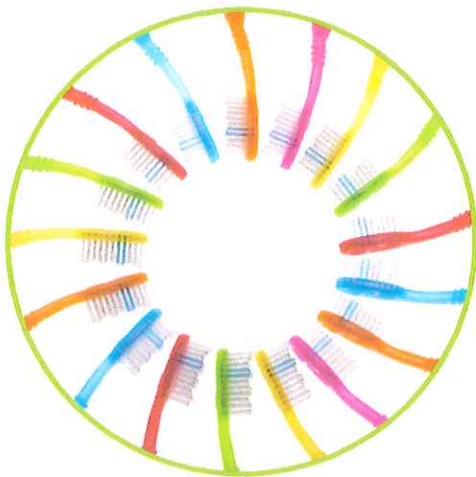
MATERIALS NEEDED

- None

WHAT YOU DO

Ahead of time: Invite a dentist or dental hygienist to come and talk to the Helping Hands about dental hygiene. See if they will provide free toothbrushes, toothpaste, and floss for each Helping Hand.

Introduce the guest speaker to the children. Give them time to speak and demonstrate proper brushing and flossing, then invite the Helping Hands to ask questions.



Glitter Hands

WHAT YOU DO

15
MINUTES

Ahead of time: Write the steps for good hand-washing on the dry erase board:

- Wet hands with warm running water
- Add soap and lather to the front and back of hands, between fingers, and around nails
- Rinse hands with warm running water
- Pick up a clean towel and use it to turn off the faucet
- Dry hands

Begin by having each child stick his or her hands in the glitter. (Only one color of glitter per child.) Next have the children shake hands with each other. Have the children check how many different colors of glitter they now have on their hands. Explain that 80% of germs that cause infectious diseases like colds or the flu are spread by touch.

Using the dry erase board, talk about how to correctly wash hands to get rid of as many germs as possible. Then have the children wash all of the glitter off their hands., following the steps for good hand-washing.

2

ACTIVITY

MATERIALS NEEDED

- Glitter, in a variety of colors
- Large clear plastic baggies
- Soap
- Towels
- Hand-washing station
- Dry erase board or large sheet of paper
- Marker



ACTIVITY

3

Keeping Clean Poster

15
MINUTES

MATERIALS NEEDED

- Handout with hygiene facts
- Dry erase board or large sheet of paper
- Fun facts about the body
- Poster board
- Markers
- Glitter glue
- Pencils and erasers
- Stickers
- Old magazines
- Scissors
- Bibles

WHAT YOU DO

Ahead of time: Type up a handout with simple facts about personal hygiene, such as brushing teeth twice a day, taking a shower when dirty or sweaty, brushing hair, clipping nails, using deodorant, washing hair, and wearing clean clothes. Print one copy per child.

Write the word “hygiene” on the dry erase board. Have the children define and give examples of good hygiene. Give them the handout on simple hygiene facts.

Now share some fun and weird body facts that illustrate why they need to practice good hygiene. You might want to write these on a dry erase board. Here are some ideas to get you started:

- A sneeze travels 100 mi (161 km) per hour.
- Every minute, tiny hairs in your sinuses sweep mucus a distance equal to the width of your little finger.
- Germs in your mouth eat bits of food stuck to teeth and gums. The germs give off waste that makes your breath smell bad.
- Bacteria live on your feet and love sweat. They eat the sweat and give off waste that makes your feet stink.
- You have about 2.6 million sweat glands.
- Every day you sweat about 1 pint (0.5 liters), and that’s if you’re not hot. If you’re on a steamy beach, you might sweat 4 pints (2 liters) an hour!
- Your fingernails grow about twice as fast as your toenails.
- You have about 100,000 hairs on your head, and they grow faster in the summer.

Now have the Helping Hands create a poster about hygiene. Encourage the children to use illustrations and designs, not just words. Give the children

some Bible texts that they can look up and include on their posters:

2 Corinthians 6:19-20,
2 Samuel 22:21, 2 Samuel
22:25, Psalm 18:20, Psalm
18:24, Psalm 24:4, Psalm 51:2,
Proverbs 20:9.



Award: Hygiene

To complete this award, check the requirements on p. 138 and add activities as needed.



Requirement: My Self III