

# Personal Hygiene WORKSHEETS

PERFECT FOR LEARNING ABOUT HEALTH

## Personal Hygiene

Color in the things that help you stay clean.  
Color in the things that help you stay healthy.



## Personal Hygiene Facts



Taking a bath washes your whole body and keeps everything clean.



Use soap to make sure you get rid of dirt and bacteria.



When you need to sneeze or blow your nose, use a tissue to prevent spreading germs.



Washing your hands is the easiest way to keep you from getting sick and spreading germs.



ALWAYS wash your hands after you use the toilet.



Keep your mouth clean by brushing your teeth.



Clean in between your teeth by flossing.



Trim your nails so that they stay clean.



Use shampoo to keep your hair clean.

# Hygiene Lessons For 4th Graders

**South Carolina. General Assembly**



## Hygiene Lessons For 4th Graders:

**Health Instruction in Grades IX-XII** James Frederick Rogers,1933 *KaziKidz Teaching Material for Schoolchildren - Short Version: Foundation Phase (Grade 1- 3)* Ivan Müller,Danielle Dolley,Jan Degen,Stefanie Gall,Anita Weiss,Chantal Brügger,Siphesihle Nqweniso,Nandi Joubert,Larissa Adams,Christin Lang,Johanna Beckmann,Madeleine Nienaber,Patricia Arnaiz,Marina Wälti,Sebastian Ludyga,Peter Steinmann,Jürg Utzinger,Rosa du Randt,Annelie Gresse,Bruce Damons,Tracey Hutton,Ann Aerts,Darelle Van Greunen,Hedwig J. Kaiser,Markus Gerber,Cheryl Walter,Uwe Pühse,2021-11-23 KaziKidz Teaching Material for Foundation Phase Grades 1 3 A short version of the teaching resources for Life Skills Teachers Being physically active contributes to the development of physical competence and fitness as well as to the child s cognitive social and emotional development Physical Education PE plays a crucial role in the holistic education and development of children Yet in many schools from marginalised neighbourhoods PE is not given the recognition and importance it deserves For this reason the KaziKidz teaching material was developed for teachers principals school staff or for those responsible from the Department of Education in order to contribute to and support the quality of PE in these schools The exercises and games in this book are easy to use do not require a lot of material and are met with much joy and enthusiasm by the learners The teaching material was developed by a team of South African and Swiss experts The lessons meet the requirements of the South African Curriculum and Assessment Policy Statement CAPS and are supported by the Department of Education Eastern Cape We hope you enjoy the lessons *The American Journal of School Hygiene* ,1918 *Bulletin* ,1925 *Course of Study for Common Schools* Iowa. Department of Public Instruction,1920 **Bulletin - Bureau of Education** United States. Bureau of Education,1925 **Lessons on the Use of the School Library for Rural Schools, State Graded Schools, Village and City Grades** Wisconsin. Department of Public Instruction,Ole Saeter Rice,1915 **Child Health Magazine** ,1923 *Mother and Child* ,1922 **Course of Study in Reading and Literature for Grades Four, Five and Six** San Francisco (Calif.). Board of Education,1925 *The School Journal* ,1906 **Minnesota Journal of Education** ,1929 **Yearbook** National Education Association of the United States. Dept. of Elementary School Principals,1924 **Yearbook** National Education Association of the United States. Department of Elementary School Principals,1924 Annual Report of the State Superintendent of Education South Carolina. State Department of Education,1918 **Annual Report of the State Superintendent of Education** South Carolina. State Dept. of Education,1918 **Reports of State Officers, Boards and Committees to the General Assembly** South Carolina,1918 Annual Report ,1917 **Report of State Officers, Board and Committees to the General Assembly of the State of South Carolina** South Carolina. General Assembly,1918 **Annual Report of the State Superintendent of Education of the State of South Carolina** South Carolina. State Dept. of Education,1917

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