

LOWER GRADES HEALTH & HYGIENE

The image shows two overlapping worksheets on a light blue background. The top worksheet is titled "Health Plan" and has a subtitle "Create a health plan for yourself by setting goals in each area of your life." It has a "Name:" field and a table with columns labeled "H", "phys", "Per", and "M". The bottom worksheet is titled "Healthy Habits #1" and has a subtitle "Write an explanation for why each part of personal hygiene is important." It has a "Name:" field and three rows, each with a cartoon illustration and a set of horizontal lines for writing. The illustrations are: a boy brushing his teeth, a girl washing her hands at a sink, and a girl taking a bubble bath. Surrounding the worksheets are various school supplies: a set of colored pencils, a wooden ruler, a pair of yellow-handled scissors, a red apple, and three paper clips (red, blue, and green).

Health Plan
Create a health plan for yourself by setting goals in each area of your life.

Name: _____

H	phys	Per	M

Healthy Habits #1
Write an explanation for why each part of personal hygiene is important.

Name: _____

	
	
	

Hygiene Lesson Plans For 4th Grade

JR Anderson



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