

Personal Hygiene WORKSHEETS

PERFECT FOR LEARNING
ABOUT HEALTH

Personal Hygiene

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



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

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