

The Hygiene Game

Learning Objectives

- I can learn personal hygiene habits.

K.2 The student will identify healthy decisions.

Disease Prevention/Health Promotion

h) Discuss the benefits of personal hygiene practices (e.g., tooth brushing, flossing, hand washing, grooming).

1.1 The student will identify the basic components and functions of human body systems and the importance of safe practices, positive interpersonal relationships, and environmental health.

Physical Health

e) Identify behaviors that promote health and wellness, including personal hygiene, sleep, physical activity, and healthy food choices.

Teacher Notes

- [Hygiene Game Items](#)
- [Hygiene Checklist](#)
- [The Hygiene Game Actions](#)
- Equipment:
 - Scooters
 - Cones
 - Hula Hoops

Lesson Steps

Step 1 (Engage learners/access prior knowledge)

- Q and A (1 minute) Can anyone tell the class about personal hygiene?

Step 2 (New information – direct instruction/teacher-facilitated learning)

- Today we will learn about personal hygiene. Practicing good hygiene is how you keep your body clean and healthy. Discuss the Healthy Hygiene checklist with the class.

Step 3 (Application – how student will apply/practice new learning)

- The Hygiene Game
 - Spread the hygiene items out on the floor on one side of the playing area. Set up cones and hula hoops on the opposite side of the playing area. Place one scooter on the floor at each cone. Divide the class into teams. Each team starts at a cone. On the “go” signal the first student in line will use the scooter to race down and grab one of the hygiene items. When the student gets back, hand the scooter to the next person and place the item in your team hula hoop. Race



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continues until each team has all 8 items from the hygiene checklist. When the game is over each team will perform the actions that go with each hygiene item.

Assessments

- Students will match the hygiene item with the correct spot on the checklist.

• S+	• S	• S-	• N
7-8 Correct matches.	5-6 Correct matches	2-4 Correct matches	0-1 Correct matches

Extensions/Connections

- Each team is designated a specific hygiene item/habit.
- Relay race with different locomotor movements.
- Have students share other healthy hygiene practices.

Resources/References

- Joe White- Gravely Elementary School, VA



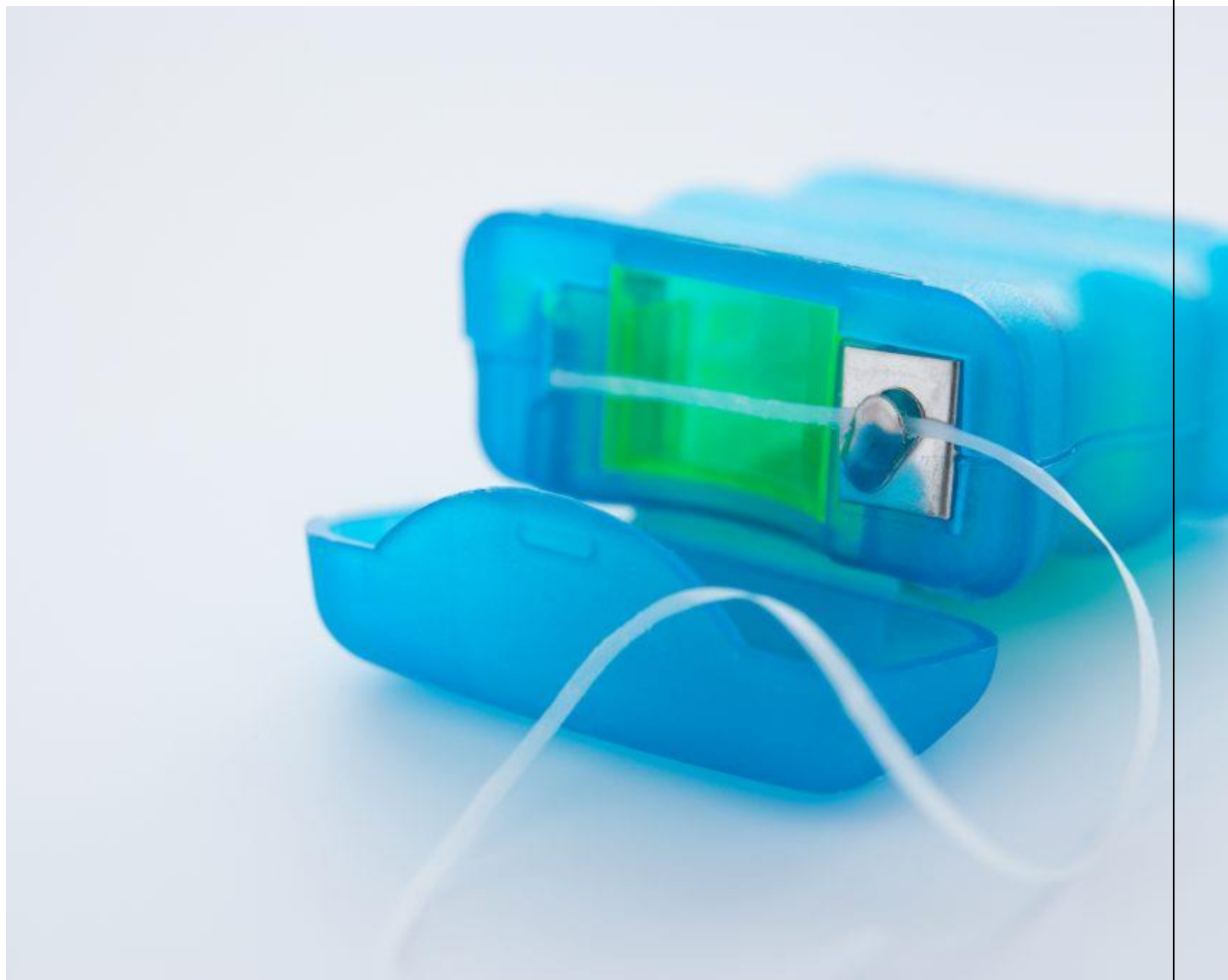
Healthy Hygiene Checklist

- ✓ Q-tips – clean my ears
- ✓ Toothbrush – brush my teeth in the morning and before bed
- ✓ Floss – floss my teeth before bed
- ✓ Deodorant – use deodorant
- ✓ Soap – wash my body and clean everywhere
- ✓ Nail clippers – keep my nails trimmed
- ✓ Washing machine – wear clean clothes
- ✓ Comb or hairbrush – keep my hair neat



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