

Hygiene

**HAPPY
FEET
FITNESS**



**What does
a toothbrush
look like?**



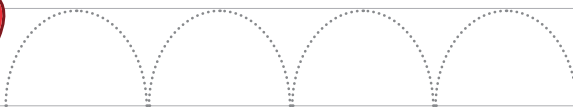
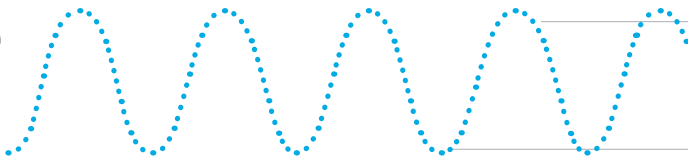
Brush your teeth in the morning,
brush your teeth every night
Brush round and round,
brush up and down,
make sure you do it right

Fun Fact.

A bubble bath
can keep the
water in your
bath warmer for
longer because
it stops the heat
escaping so fast.



Pre-writing Practise



Activity Suggestions! Here's some good clean fun!

- # Sing this is the way we wash our hands as the children are in the bathroom washing hands
- # Before you transition to bathroom before meals have the hygiene talk. Why are we washing hands, how, with what etc.
- # Tooth brush paintings

- # Turn home corner into a bathroom. Included baths, towel, toothbrushes, brushes etc
- # A discussion on the importance of dental care at a mat session. Have props available.
- # Invite a dental nurse to do a discussion
- # Toy wash - you can use this activity to discuss the importance of washing away dirt and germs.

- # Bubble paintings - Trace the childrens hands first onto paper and then they can use these hands-to press onto the bubbles. Good opportunity to talk about the importance of soap and making bubbles while washings hands.
- # Create germ monsters at the art table by gluing items onto the blob shaft