

# **11** Personal Hygiene

Time Taken:  
20 Minutes 

## Objectives

Participants will understand Personal Hygiene and know how to keep clean.








## Step 1

### What is Personal Hygiene?

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-  Explain to participants that today we are going to talk about personal hygiene.
-  Personal hygiene means keeping our bodies clean and looking well.
-  Ask participants to think of things we can do to keep ourselves clean and tidy.

For example:






-  Dressing ourselves.
-  Brushing our hair.
-  Brushing our teeth.
-  Showering/Bathing.
-  Washing our face.
-  Smelling nice.

## Step 2




### Why we Should Keep Clean

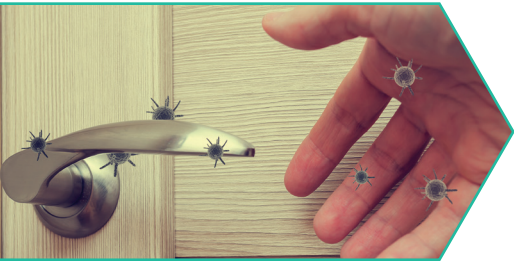
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*Ask participants why they think we should keep clean?*




-  To stop the spread of germs.
-  To keep healthy.
-  To keep our breath fresh.
-  To smell and look nice.
-  To stop our skin getting spotty or sore.

### *What are germs?*

-  Germs are tiny bugs that live on everything. Sometimes germs can make us sick.
-  Germs move around through sneezing, coughing and touching.
-  We should cough/sneeze into our elbow and wash our hands often.



## How Germs can be Spread

-  Put glitter onto a pen and tell the participants the glitter represents germs.
-  Ask the participants to pass the pen around the group, then ask everyone to look at their hands and see if any glitter is present.
-  Talk about how easily germs are spread and the importance of washing our hands regularly to help stop the spread.








## Step 3

### How to Keep Clean: Hands and Nails

Our hands and nails touch lots of things during the day so they can carry germs.

*Ask participants when they think they should wash their hands?*

Ensure the following answers are included:

-  After handling uncooked foods e.g. raw meat/chicken/fish.
-  After blowing our nose, coughing or sneezing.
-  After touching animals or animal waste.
-  After taking out the bin or handling rubbish.
-  After handling money.
-  Before eating or preparing food.
-  After using the toilet.



## 1. How to Wash our Hands

### 1. Soap and Water

Wet hands under warm running water and add soap.

### 2. Bubbles

Rub hands together to make bubbles.

### 3. Rub

Rub soapy bubbles all around for 20 seconds on hands covering wrists, between fingers and under fingernails.

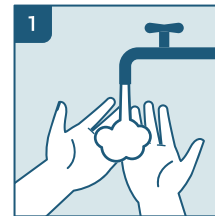
### 4. Rinse & Dry

Rinse under warm running water and dry well with a clean towel.

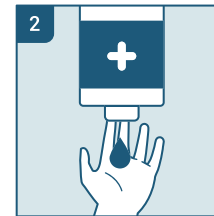
 You should also wash in and around your nails every day and cut them regularly.



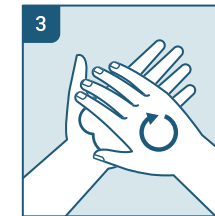
☀️ Photocopy and cut out the images below, ask participants to place them in the correct order.



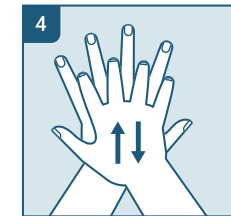
1 WET HANDS



2 APPLY SOAP



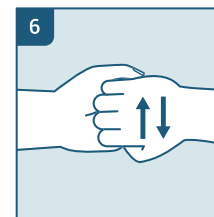
3 RUB HANDS PALM TO PALM



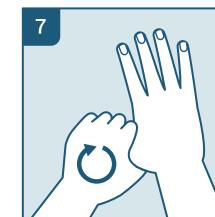
4 LATHER THE BACKS OF YOUR HANDS



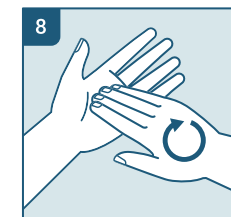
5 SCRUB BETWEEN YOUR FINGERS



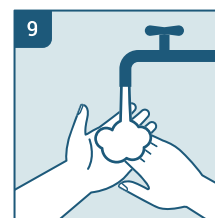
6 RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS



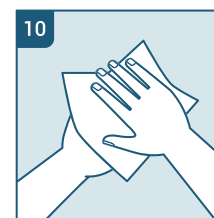
7 CLEAN THUMBS



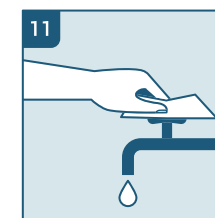
8 WASH FINGERNAILS AND FINGERTIPS



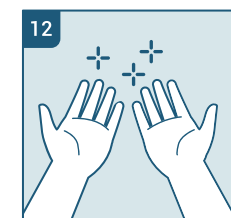
9 RINSE HANDS



10 DRY WITH A SINGLE USE TOWEL



11 USE THE TOWEL TO TURN OFF THE FAUCET



12 YOUR HANDS ARE CLEAN

Remind participants to remove jewellery before washing hands and to lather their hands for 20 seconds.

☀️ Or if it's an option, split the participants into small groups and practice at a sink or with a basin of water.






## 2. Bath/Shower Time

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*Ask participants how many times a week should we bath/shower?*

-  Every day. We may need to bath/shower more than once a day, for example after exercising or working in the garden.

## 3. Hair

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Hair follicles (which the hair grows from) produce oil which keeps the hair smooth. We also have sweat glands in our scalp, and dead skin cells come off the scalp. The oil, sweat and dead cells all add together and can make hair greasy and look dirty unless we wash it regularly.

*How often should we wash our hair?*

-  At least every second day.



*Ask participants how do we wash our hair?*




## How to Wash our Hair

1. Firstly rinse the scalp with warm water.
2. Massage the scalp well with shampoo.  
This will remove dead skin cells, excess oil and dirt.
3. Rinse well with clean water.
4. Conditioner can then be used if you have longer hair as it makes the hair smoother and easier to comb, but hair doesn't need to have conditioner.
5. Then use a wide toothed comb for wet hair to brush out any knots.



## 4. Clothes

Clothes can get sweaty and dirty generally as the day progresses.

-  Underclothes are right next to your skin and collect dead skin cells and sweat. Overnight bacteria start to work, meaning clothes do not smell as nice the second day of wearing.
-  You should change your clothes when they become dirty or before they become smelly and change into night clothes at bedtime. Underclothes such as socks should be changed every day.
-  If you are away overnight, dirty clothes such be packed in a separate bag away from your clean clothes.



## 5. Skin Health

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*Ask participants how often we should wash our face?*

 At least once a day.

Wash your face using a face cloth and cleanser or mild soap, no need to scrub violently. Twice a day is enough as too much cleansing can damage the protective layer of oils around your skin.



## Wash Bag Activity




Bring along a bag of toiletries and ask each athlete to pick an item out of the bag and answer the related question.

<b>Shower Gel:</b>	How many times a week should you have a bath/shower?	Every day.
<b>Toothbrush:</b>	How many times a day should you brush your teeth?	At least twice a day.
<b>Shampoo:</b>	How many times a week should you wash your hair?	Every second day.
<b>Deodorant:</b>	When should you put on deodorant?	Every day after you have a bath/shower.
<b>Face Wash:</b>	How often should you wash your face?	At least once a day, but twice is better, morning and at night.
<b>Shower Gel:</b>	Why should you wash your body with shower gel?	To get rid of germs/sweat and make you clean and smell nice.
<b>Conditioner:</b>	When do you use conditioner?	After you have washed your hair with shampoo in the bath/shower.
<b>Nail Clippers:</b>	Why is it important to cut your nails regularly?	To make sure germs don't get caught under your nails.

## Step 4

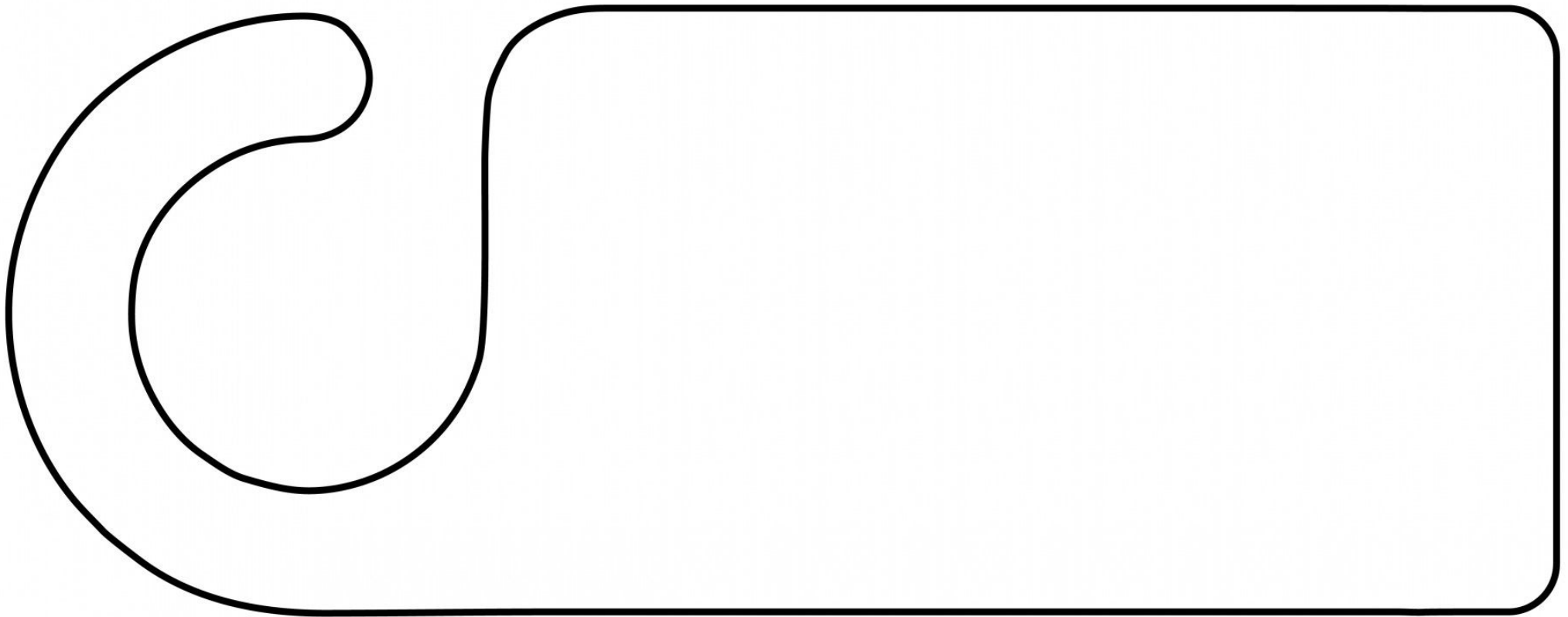
### Task Time - Door Hanger Activity

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-  Ask participants to create their own schedule of activities they have to complete to get ready in the morning and at night time. Participants have a door knob hanger template in their athlete pack.
-  Ask participants what is the first thing they do when they get out of bed in the morning? Brush their teeth? Have a shower? Keep going until they have all their activities in order.
-  Use the personal hygiene images provided in the athlete pack to stick on their door hanger template. Participants then tick off each day when they have completed each task.

## Door Hanger

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## Door Hanger Images

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