

Health and Hygiene: Keeping Our Bodies Happy and Healthy

What is Health?

- ◀ Health is the state of being well in body and mind
- ◀ It means feeling good and being able to do the things we enjoy
- ◀ Good health allows us to learn, play, and grow
- ◀ Health involves physical, mental, and social well-being

Understanding Hygiene

- ◀ Hygiene is the practice of keeping ourselves and our surroundings clean
- ◀ It helps prevent the spread of germs and diseases
- ◀ Good hygiene habits protect our health and the health of others
- ◀ Examples include washing hands, brushing teeth, and bathing regularly

Why is Hygiene Important?

- ◀ Prevents the spread of illness-causing germs
- ◀ Keeps our bodies clean and smelling fresh
- ◀ Helps us feel confident and comfortable around others
- ◀ Promotes overall health and well-being
- ◀ Reduces the risk of infections and diseases

Handwashing: Your First Line of Defense

- ◀ Wash hands for at least 20 seconds (sing "Happy Birthday" twice!)
- ◀ Use soap and warm water
- ◀ Scrub all parts of your hands, including between fingers
- ◀ Rinse thoroughly and dry with a clean towel
- ◀ When to wash: before eating, after using the toilet, after playing outside

Dental Hygiene: Smile Bright!

- ← Brush teeth twice a day for two minutes each time
- ← Use fluoride toothpaste and a soft-bristled brush
- ← Floss daily to remove food particles between teeth
- ← Visit the dentist regularly for check-ups
- ← Limit sugary snacks and drinks

Bathing and Body Care

- ← Take a bath or shower regularly (at least every other day)
- ← Use mild soap to clean your body
- ← Pay special attention to armpits, feet, and private areas
- ← Change into clean clothes after bathing
- ← Use deodorant if you start to notice body odor

Healthy Habits for a Healthy You

- ◀ Get enough sleep (9-12 hours for 6th graders)
- ◀ Eat a balanced diet with fruits and vegetables
- ◀ Exercise regularly (at least 60 minutes a day)
- ◀ Stay hydrated by drinking plenty of water
- ◀ Manage stress through relaxation and fun activities

Keeping Your Environment Clean

- ← Make your bed every morning
- ← Keep your room tidy and organised
- ← Help with household chores like dusting and vacuuming
- ← Dispose of rubbish properly
- ← Wash your clothes and bedding regularly

Staying Healthy at School

- ← Cover your mouth when coughing or sneezing (use your elbow!)
- ← Don't share personal items like water bottles or combs
- ← Use hand sanitiser when soap and water aren't available
- ← Stay home when you're sick to avoid spreading germs
- ← Keep your school supplies and desk clean

Conclusion: Your Health, Your Responsibility

- ← Good health and hygiene habits start with you
- ← Practice these habits daily to stay healthy and feel great
- ← Remember, a healthy body leads to a happy mind
- ← Take pride in taking care of yourself
- ← Encourage your friends and family to practice good hygiene too!