

HYGIENE HIJINKS

A Lesson in Hygiene

Lynne Middleton, Interim State 4-H Curriculum Specialist, 4-H Youth Development

Jennifer Richards, Extension Curriculum Specialist, Tennessee 4-H Youth Development



Hygiene Hijinks

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Skill Level

- Beginner (4th-5th graders),
- Intermediate (6th-8th graders)

Educational Standards Met

- RI.4.1, RI.4.3, SL.4.1
- 6.PW.5, 8.PW.5
- 6.PW.6, 7.PW.6, 8.PW.6

Learner Outcomes

The learner will be able to:

- Define personal hygiene.
- Explain why having effective hygiene is important.
- List and discuss how to have effective hygiene.

Impact

Students are successful if they can:

- Differentiate between effective and ineffective hygiene practices.

Time Needed - 20-30 minutes

Materials Needed

- Effective Hygiene/Ineffective Hygiene cards (printed front and back)
- Answer keys (Effective Hygiene and Ineffective Hygiene)
- LCD projector/screen
- Laptop or a way to access YouTube
- Youtube.com video

Authors

Lynne Middleton, Interim State 4-H Curriculum Specialist, 4-H Youth Development

Jennifer Richards, Extension Curriculum Specialist, Tennessee 4-H Youth Development

Introduction to Content

This is the third lesson in a six-part series addressing concerns about hygiene. Be aware that it can be difficult to discuss basic hygiene with youth. This lesson will guide youth in understanding what hygiene is and being able to identify effective and ineffective hygiene.

Terms and Concepts

Personal hygiene - Keeping your body smelling and feeling clean and healthy

Introduction to Methodology

Students will watch a 5-minute video, discuss proper hygiene, and play a game identifying effective and ineffective hygiene practices.

Setting the Stage

Say, “Last time we were together, we talked about hygiene. Can anyone tell me what you learned?” Let students answer.

Say, “Can anyone tell me what I mean when I say, ‘personal hygiene?’” Let students answer.

Explain, “Personal hygiene is how you care for your body. You can have effective hygiene where you take care of yourself, or you can have poor hygiene where you don’t care for your body inside and out. We are going to watch a video about hygiene and then play a game to see if you know what effective hygiene is.”

Show this video. The video is 5:28.

<https://www.youtube.com/watch?v=jQ2e0KH5Wrl>

When the video is finished, ask, “Can someone tell me why hygiene is important to us?” Let students answer.

Say, “Hygiene is important to keep your body healthy, feeling effective and keeping a positive outward appearance. The cleanliness of the way we look and smell can change the way other people think or feel about us. Effective personal hygiene also helps prevent disease and pain in the future, along with increasing self-esteem. When we are clean and feeling effective, our self-esteem is higher than when we are not.”

Experience

Say, “Today we are going to play a game and see what effective hygiene really includes.”

Pass out the set of Effective Hygiene/Ineffective Hygiene cards to everyone in the classroom. Each person should get at least one card. Tell students that you are going to go around the room and ask them to read their card(s) aloud.

Once they read the card, ask the rest of the class, “Effective hygiene or ineffective hygiene?” After students answer, discuss the statement on the card. Follow along on the answer keys to encourage discussion about each statement.

Strategies to Increase Student Engagement

- Have the cards printed and cut before students arrive.
- Shuffle the cards well and pass them out randomly.
- Call on everyone who has a card and ask them to read their statement.
- Allow students to discuss.

Teacher Notes

Answer Key - Effective Hygiene

Effective Hygiene	Discussion
Taking a shower daily	Taking a shower daily is important, while washing your body with soap or body wash is most important. Bacteria can grow on your skin and cause illness.
Maintaining your hair	Taking care of your hair is important. Depending on the texture of your hair, it may only need to be brushed once a week. Other textures may need brushing multiple times a day.
Using soap in the shower	Washing off in the shower with water only is not an effective way to remove bacteria and dead skin. You must wash with soap.
Painting your nails	Painting your nails is merely for beauty. It does not help your nail hygiene.
Putting gel in your hair	Using gel can help keep organisms like lice from living in your hair. Hair gel, though, can cause problems with long-term growth.
Washing your face	Washing your face is important in getting rid of dead or old skin and keeping your skin hydrated. Hydration means keeping your skin moisturized.
Using dry shampoo	Dry shampoo can assist in keeping hair looking cleaner if water and soap are not available.
Brushing your teeth	Brushing your teeth keeps bacteria and germs from developing and building up in your mouth.
Using mouthwash	Using mouthwash helps keep bacteria and germs out of your mouth and helps the smell of your breath.
Conditioning your hair	Conditioner was designed to help the strands of your hair grow.
Coughing into your sleeve	This is the best way to handle coughing if you do not have a tissue.
Wearing deodorant	Bacteria live in dark, damp places like the armpit. Washing with soap and using deodorant is essential to killing smells and feeling fresh.
Washing your hands after petting animals, after sneezing or coughing into them, or before eating	It is important to wash your hands before eating, after sneezing or coughing, or after playing with animals to prevent the spread of germs/bacteria.
Using hand sanitizer	This is an effective practice to kill germs. Try to always use hand sanitizer with 66 percent of alcohol or more in the ingredients.

Answer Key - Ineffective Hygiene

Ineffective Hygiene	Discussion
Having chipped, uneven fingernails	Ask, "Why is this ineffective hygiene?" Keeping clean nails that are cared for can help keep bacteria from growing under the nail bed.
Wearing clothes for multiple days in a row	Ask, "Why is this ineffective hygiene?" Bacteria can grow on dirty items including clothing. It is important to wash clothes between wearing them.
Sitting in a bathtub of water once a week	Ask, "Why is this ineffective hygiene?" Did you use soap and wash or just sit in the bathtub?
Washing your scalp with only water	Ask, "Why is this ineffective hygiene?" Washing your scalp is what shampoo was designed for. Using water only will not cleanse the scalp.
Blowing your nose at the dinner table	Ask, "Why is this ineffective hygiene?" Stepping away from the table or excusing yourself to the restroom would be a better way to handle this.
Going without washing your scalp for a week	Ask, "Why is this ineffective hygiene?" We don't all have the same type of hair. Regardless of the type of hair you have, washing your scalp once each week helps maintain a healthy scalp.
Flossing once a month	Ask, "Why is this ineffective hygiene?" In order to kill bacteria and keep it from growing in your mouth, flossing daily is recommended.
Wiping your nose on your sleeve	Ask, "Why is this ineffective hygiene?" In wiping your nose on your sleeve, you may leave bacteria in the form of snot or boogers. Using a tissue for this would be ideal.
Coughing into your hand	Ask, "Why is this ineffective hygiene?" Coughing into your hand spreads germs. If you cough into your hand and then touch a doorknob, the person behind you will then come in contact with your germs.
Wearing socks more than one day	Ask, "Why is this ineffective hygiene?" Bacteria can grow on dirty items including clothing. It is important to wash clothes between wearing them.
Not washing your hands after coughing or after playing outside	Ask, "Why is this ineffective hygiene?" It is important to wash your hands before eating, after sneezing or coughing or after playing with animals to wash bacteria away.
Having sores in the mouth or cavities that go untreated long term	Ask, "Why is this ineffective hygiene?" Bacteria can damage your teeth and gums. It can cause problems and pain for your teeth in the future.
Scratching a scab	Ask, "Why is this ineffective hygiene?" Scratching a scab can cause pain as well as opening a sore up to bacteria and infection.
Leaving an untreated rash on your arm for a long period of time	Ask, "Why is this ineffective hygiene?" Rashes indicate bacteria or infection. Treating it is the best way to keep it from spreading to other parts of your body. If you leave it as is for long periods of time, it can become infected and cause more problems.

Share

Say, "Share with the person next to you something you learned about hygiene today."

Process

Ask, "We don't all have perfect hygiene. Sometimes we forget to brush our teeth or hair or wear deodorant. But what are some ways we could make sure we are doing our best to keep effective hygiene?" Set a timer, make a daily chart reminding you what to do.

Generalize

Ask, "How would you know if you are not practicing effective hygiene?" You may get sick, you may begin to stink, you may have smelly breath, or others may choose not to be around you.

Apply

Ask, "If you see someone who has a foul body odor, what do you do?" Point it out in a kind, compassionate way. Take them aside and don't embarrass the other person in front of others. If they cannot afford personal care items, try and help them find a way to get some. Follow up with, "If you are invited to a job interview, what would be some important things to do to have effective hygiene for that meeting?"

Supplemental Information

Educational Standards Met

CCSS.ELA-Literacy.RI.4.1

Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

CCSS.ELA-Literacy.RI.4.3

Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language that pertains to time, sequence, and cause/effect.

CCSS.ELA-Literacy.SL.4.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on topics and texts, building on others' ideas and expressing their own clearly.

PW.5 – Personal Hygiene 6.PW.5

Identify and evaluate basic personal hygiene needs.

PW.5 – Personal Hygiene 8.PW.5

Discuss the physical, emotional, social implications of personal hygiene.

PW.6. – Personal Hygiene 6.PW.6

Identify personal hygiene practices and health/safety issues related to puberty (e.g., but not limited to, showering, use of sanitary products, deodorant, and cleaning of athletic gear).

PW.7. – Personal Hygiene 7.PW.6

Compare personal hygiene practices and health/safety issues related to puberty (e.g., but not limited to, showering, use of sanitary products, deodorant, and cleaning of athletic gear).

PW. 8. – Personal Hygiene 8PW.6

Differentiate personal hygiene practices and health/safety issues related to puberty (e.g., but not limited to, showering, use of sanitary products, deodorant, and cleaning of athletic gear).

TIPPS Life Skills

- Gather relevant information for decision-making. (HANDS)
- Follow instructions. (HEART)
- When reading, consider ideas, thoughts, information or messages that have been written. (HEART)
- Involve oneself in helping others, demonstrate concern. (HEART)

Effective Hygiene/Ineffective Hygiene Cards

Taking a shower daily

**Having chipped,
uneven fingernails**

Maintaining your hair

**Using soap in
the shower**

**Wearing clothes for
multiple days in a row**

**Putting gel in
your hair**

**Not washing your
hands all day long**

Painting your nails

Effective Hygiene/Ineffective Hygiene Cards

**Effective Hygiene or
Ineffective Hygiene?**

**Effective Hygiene or
Ineffective Hygiene?**

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Ineffective Hygiene?**

Effective Hygiene/Ineffective Hygiene Cards

Sitting in a bathtub full of water once a week

Conditioning your hair

Blowing your nose at the dinner table

Going without washing your scalp for a week

Using dry shampoo

Washing your face

Brushing your teeth

Using mouthwash

Effective Hygiene/Ineffective Hygiene Cards

**Effective Hygiene or
Ineffective Hygiene?**

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**Effective Hygiene or
Ineffective Hygiene?**

Effective Hygiene/Ineffective Hygiene Cards

Flossing once a month

Having sores in the mouth or cavities that go untreated long term

Wiping your nose on your sleeve

Coughing into your hand

Wearing dirty socks

Washing your hands after petting a dog

Washing your hands before a meal

Washing your hands after sneezing

Effective Hygiene/Ineffective Hygiene Cards

**Effective Hygiene or
Ineffective Hygiene?**

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Ineffective Hygiene?**

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**Effective Hygiene or
Ineffective Hygiene?**

Effective Hygiene/Ineffective Hygiene Cards

**Getting a
dental cleaning**

Wearing deodorant

**Not washing your
hands after coughing**

**Coughing into
your hand**

**Using hand sanitizer
when water and soap
are not available**

Scratching a scab

**Brushing teeth only
in the morning**

**Cleaning your
desk area**

Effective Hygiene/Ineffective Hygiene Cards

**Effective Hygiene or
Ineffective Hygiene?**

**Effective Hygiene or
Ineffective Hygiene?**

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Ineffective Hygiene?**

**Effective Hygiene or
Ineffective Hygiene?**

Effective Hygiene/Ineffective Hygiene Cards

**Brushing your teeth for
two minutes each time**

Flossing each day

**Not washing your hands
after playing outside**

**Coughing without
covering your
mouth at all**

**Leaving an untreated
rash on your arm for a
long period of time**

**Brushing your teeth
when waking up,
after meals, and
before bedtime**

Effective Hygiene/Ineffective Hygiene Cards

**Effective Hygiene or
Ineffective Hygiene?**

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Ineffective Hygiene?**

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Ineffective Hygiene?**



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