



3rd Grade Health and Hygiene Lesson: Teacher's Guide

Statement of Objectives

By the end of today's lesson students will be able to:

3.PCH.1: Understand wellness, disease prevention, and recognition of symptoms.

- 3.PCH.1.1: Classify behaviors in terms of whether they are related to physical, social, mental, and emotional health.
- 3.PCH.1.2 : Classify behaviors in terms of whether they do or do not contribute to healthy living.

3.PCH.2: Apply measures for cleanliness and disease prevention.

- 3.PCH.2.1: Recognize plaque and lack of dental hygiene result in gum disease and cavities.
- 3.PCH.2.2: Implement proper flossing to prevent tooth decay and gum disease.

Time: 30-60 (varies based on activities chosen)

Materials:

- Projector
- Slides ("3rd Health and Hygiene Powerpoint")
- Materials for optional activities (see individual activities)

Warm-Up: Thinking About Hygiene

Time: 5-7 minutes

Materials Needed: PowerPoint, slide 2

Directions:

- Ask students "Do you see differences between these two cars?" Answers might include, "One is dirty." "One looks nicer than the other."
- Ask students to think the reasons that one car is different from the other. Encourage students to think about how the cars were cared for, this can include regular oil changes, washing the outside, cleaning the inside, and giving it gasoline to run.
- Explain to students that taking care of your body is much like taking care of a car. In order to keep your body strong and healthy you must practice good personal hygiene that is cleaning, grooming and caring for our bodies.
- Transition by telling students that we will talk about to practice personal hygiene, and make sure that we keep our bodies strong and healthy.

Slide Presentation

Time: 30-45 minutes

Directions: See speaker notes on individual slides for additional information

- **Slide 1:** Lesson introduction.
- **Slides 2:** Warm-Up, thinking about hygiene
- **Slide 3:** Explaining personal hygiene
- **Slide 4-8:** Good hygiene practice: Hand washing
- **Slide 9:** Practice: hand washing
- **Slide 10-12:** Good hygiene practice: Bathing and Showering
- **Slide 13:** Good hygiene practice: Deodorant and antiperspirant
- **Slide 14:** Good hygiene practice: Clean clothes
- **Slide 15-17:** Good hygiene practice: Brushing and flossing
- **Slide 18:** Practice: brushing teeth
- **Slide 19:** Good hygiene practice: Sleep
- **Slide 20:** Good hygiene practice summary

Wrap-Up:

Time: Varies based on activity/activities chosen.

Directions:

- Select one or more of the activities on page 3 to wrap up the lesson.

Activity: What is in your Bag?

Time: 10-13 minutes

Materials Needed: Sample size soap, shampoo, toothpaste, etc.

Directions:

- Divide students into groups of 3-5. Distribute sample sized items. Have each group determine what the item is and how it can help them make feel good, stay healthy and not make other people sick.
- Give groups 5-7 minutes to discuss. Have each group share what their object is and how it helps to feel good, stay healthy and not make other people sick.

Activity: What else is Healthy?

Time: 5-7 minutes

Materials Needed: White board and/or healthy cards (page 4)

Directions:

- Transition by saying that personal hygiene is important, but there are many other things that are also important to make sure that you are happy, and healthy.
- Ask students to think about other behaviors that are also good for their health. This includes, eating healthy, getting exercise, being a good friend, wearing sunscreen, wearing helmet while riding your bike, drinking more water, etc.
- Or -
- Use cards on page 4 to facilitate a conversation around other healthy habits.

Activity: Healthy/ Unhealthy

Time: 5-7 minutes

Materials Needed: List of healthy/unhealthy activities (page 5)

Directions:

- Read each statement from page 5, and ask students to either hold up a thumbs-up or thumbs down for healthy or unhealthy.
- Clarify any incorrect responses using the information provided.

Activity: Planning for Health

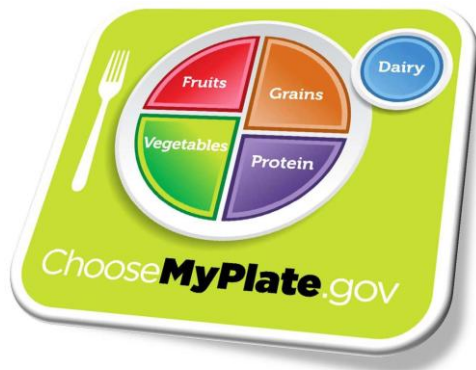
Time: 5-7 minutes

Materials Needed: My Plan to Stay Healthy and Feel Good! Worksheet (pg 6-7)

Directions:

- Tell students that now they have all the knowledge to practice good personal hygiene and be happy and healthy!
- Distribute handouts.
- Instruct students to select one health behavior that they will work on to improve their health.
- Give students 5 minutes to complete the hand out.
- If there is time, allow students to volunteer to share their plans.
- To conclude, tell students to take home the worksheet to share with their families. If they would like, they can track their progress with their behavior on the back of the worksheet.

What Else is Healthy?



Eating Balanced Meals



Wearing Sunscreen



Drinking Water



Wearing a Helmet



Getting Exercise



Being a Good Friend

Healthy/Unhealthy

1. Eat lots of fruits and vegetables. **HEALTHY**
2. Yell at parents when you're in a bad mood. **UNHEALTHY**
3. Getting 8-10 hours of sleep a night. **HEALTHY**
4. Only brush your teeth after dinner. **UNHEALTHY**
5. Wash under arms, belly button and privates. **HEALTHY**
6. Squeeze pimples. **UNHEALTHY**
7. Wear sunscreen when you are outside. **HEALTHY**
8. Put on deodorant after exercise. **HEALTHY**
9. Exercise every day. **HEALTHY**
10. Wear a helmet when riding your bike. **HEALTHY**
11. Use only water when washing your hands. **UNHEALTHY**
12. Floss your teeth once a day. **HEALTHY**

My Plan to Stay Healthy and Feel Good!

One healthy behavior I will work on is:

I will do this by:

People that can help me with this are:

Directions: For each day that you do your healthy behavior draw a big smiley face (☺) and describe what you did.

	Sun	Mon	Tues	Wends	Thurs	Fri	Sat
Week 1	☺ <i>Today I flossed my teeth.</i>						
Week 2							
Week 3							
Week 4							
Week 5							