

Disclaimer

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PSHE and Citizenship

Health and Wellbeing | It's My Body

Clean as a Whistle



twinkl

Aim

- I know how to keep my body clean.

Success Criteria

- I know how often to clean different parts of my body.
- I can wash my hands thoroughly.
- I can explain why we need to keep clean.

The Big Questions



How can we keep ourselves clean?

What are germs and how can they be bad for us?



Reconnecting

Why Wash?

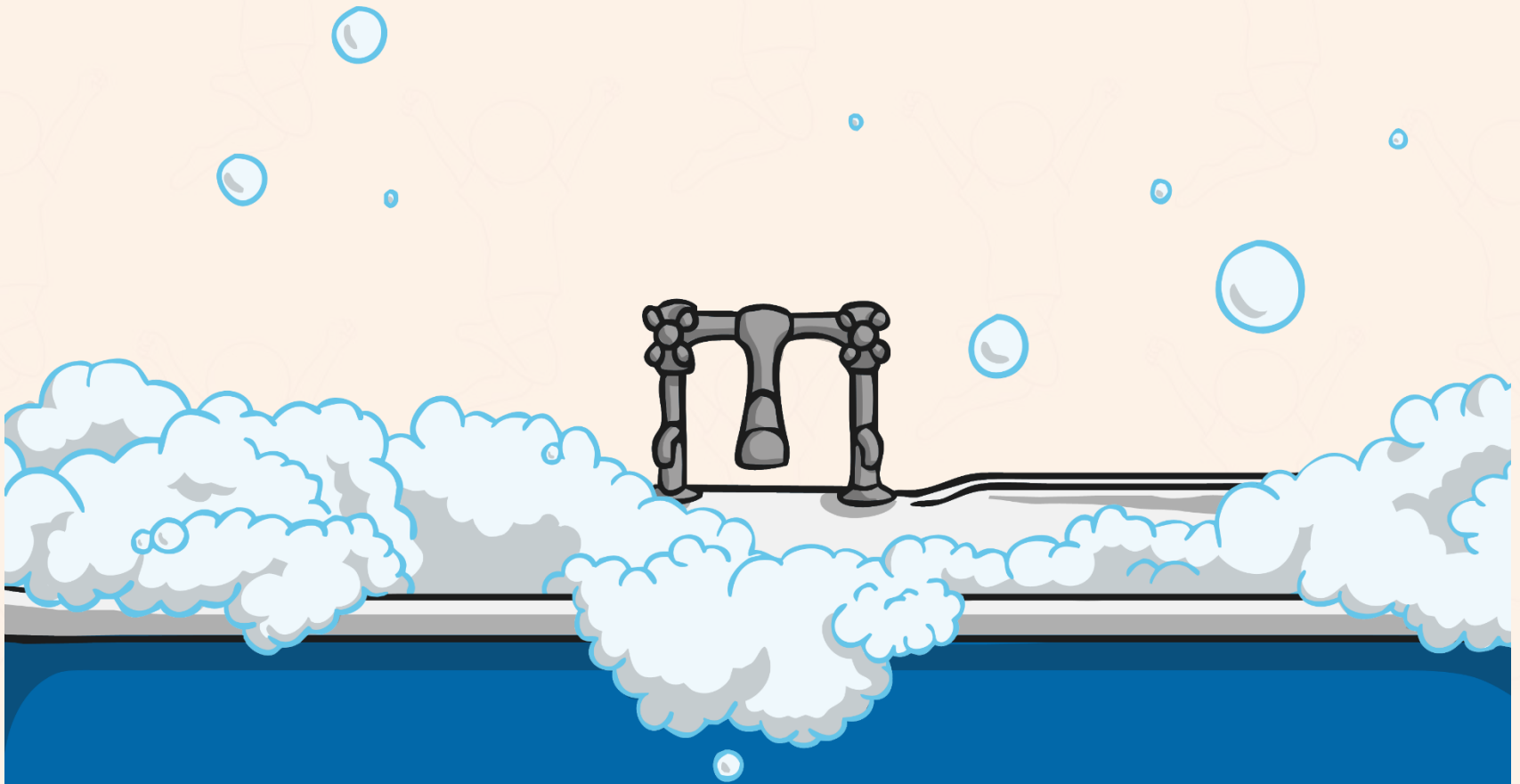
An illustration of a green mat with a black border and some dark spots, laid on a grey tiled floor. A blue puddle is visible at the bottom of the mat. A yellow text box is overlaid on the right side of the mat.

Sit with a partner and talk about the reasons why we wash.

Why Wash?



Did you think of any of the following reasons?

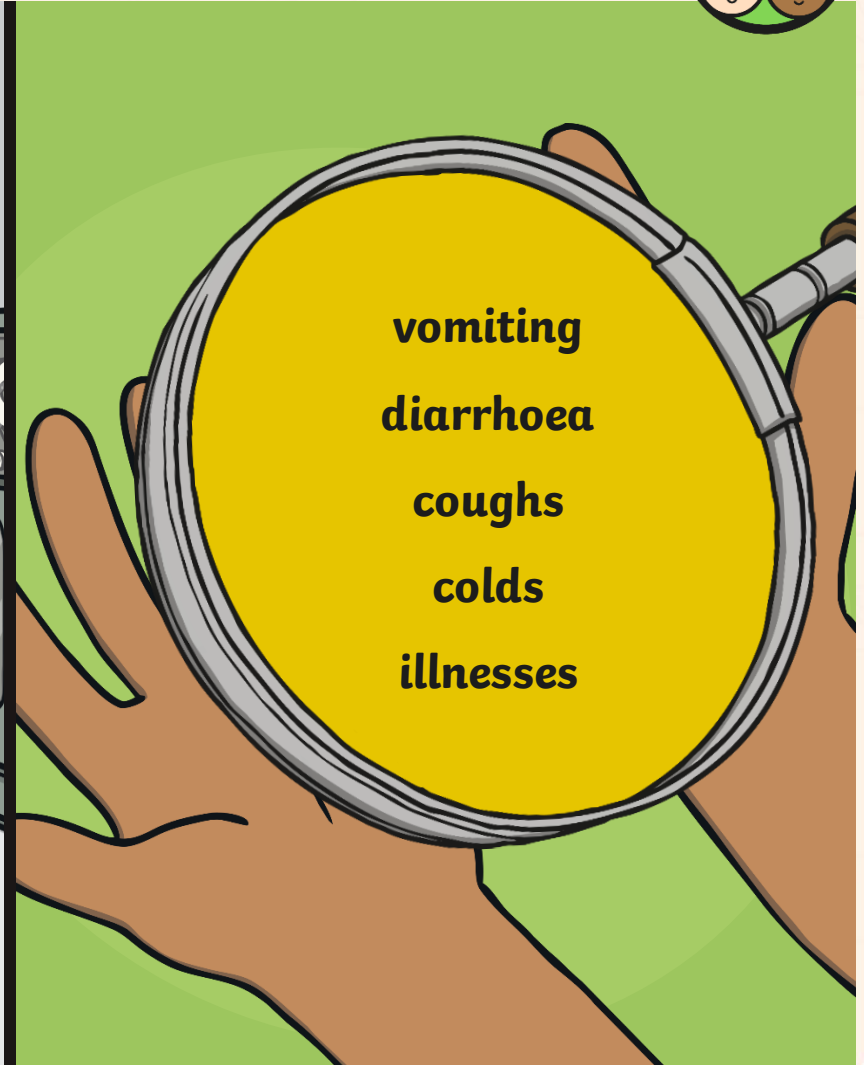


Exploring

Clean Me



Germs are tiny living things that we can't see. Germs can make us ill. We do not have to be scared of them but we do need to keep clean to prevent diseases spreading.

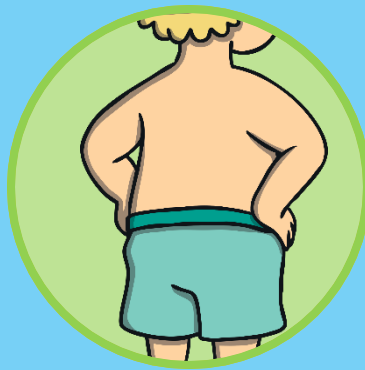


vomiting
diarrhoea
coughs
colds
illnesses

Clean Me



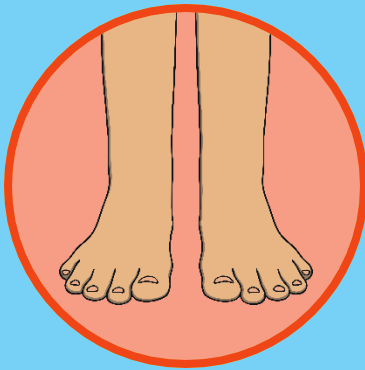
Click on each body part. Body parts in green need to be washed every day. Body parts in red don't need to be washed every day.



Clean Me



Which areas of our bodies do we need to wash **twice a day or more**?
Body parts in green need to be washed twice a day or more. Body parts in red don't need to be washed as often.



Clean Me



Does it matter if your clothes are dirty?

Some germs and viruses can live on fabric so it's important to clean our clothes, too. Washing our clothes also keeps them smelling fresh, especially if we have been a bit sweaty on a hot day.

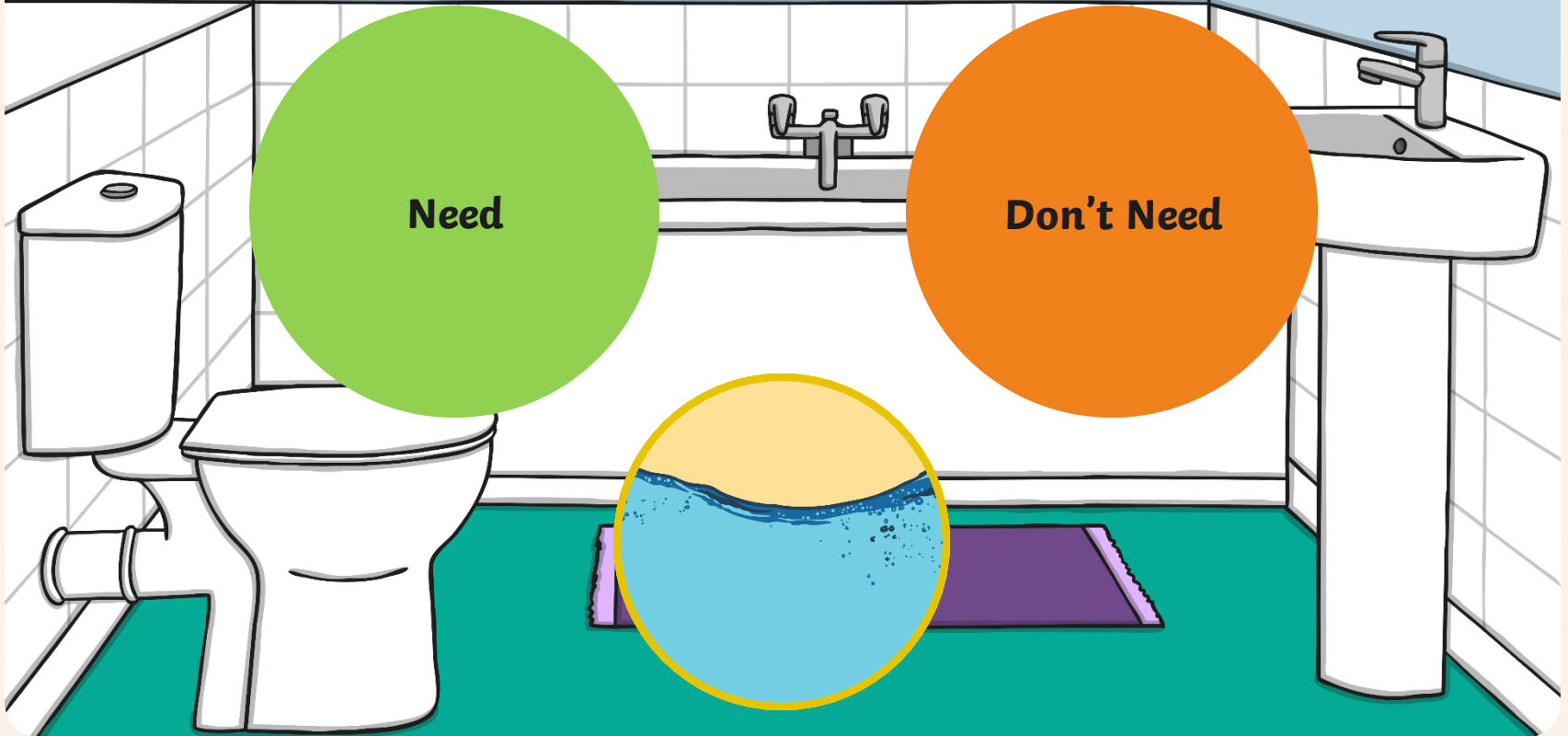
Clean Me



Do you think we need each of these items to help us to stay clean?

Need

Don't Need



Clean Me



Colour the
areas on your

Clean Me

Draw what you need to
clean twice a day or more.



Draw what you need to
clean once a week.

If you finish early, you could draw
what you use to wash with around
the outside of your activity sheet.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#)



PSHE and Citizenship | KS1 | Health and Wellbeing | It's My Body | Clean as a Whistle | Lesson 4

visit [twinkl.com](https://www.twinkl.com)



Tiger Teeth



In your groups, look at all the reasons you have written about why tigers need strong teeth.

Work together to decide which of these reasons are the same for us. Tick all the reasons why we also need strong teeth.

Why do we need strong teeth?

Tiger Teeth



Which of these statements are true?

Click on the bubble to see if you are right. If it's true, it will go green; if it's false, the bubble will disappear.

Brushing your teeth twice a day keeps them healthy.

Eating sugary things as a treat is better for your teeth than eating them every day.

All your teeth will fall out if you eat sugar every day.

Apples are sweet so they are bad for your teeth.

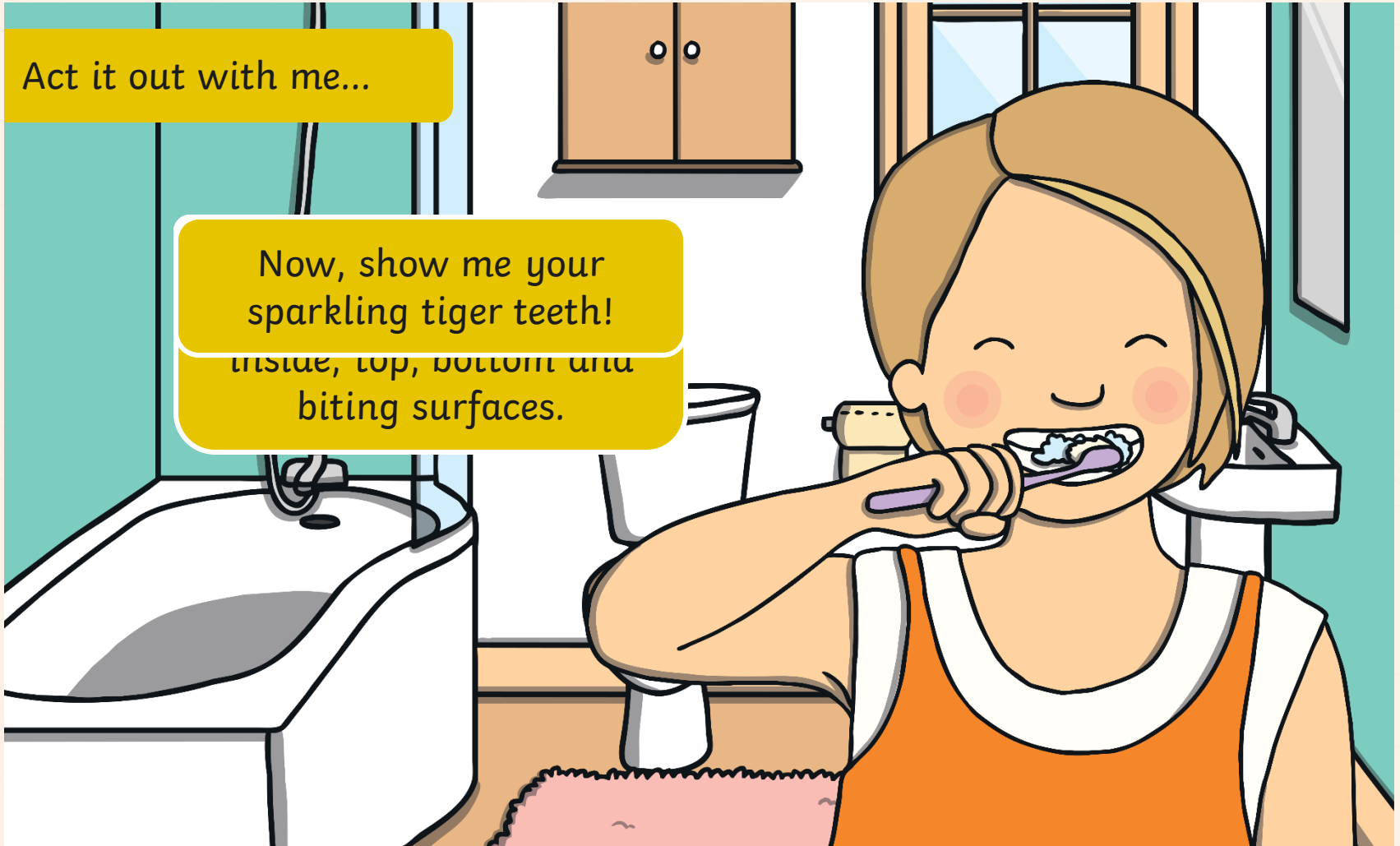
Sugary things are good for your teeth.

Tiger Teeth



Act it out with me...

Now, show me your
sparkling tiger teeth!
inside, top, bottom and
biting surfaces.



Wash, Wash, Wash Your Hands!



We are going to learn a song to help us do wonderful handwashing.

It goes to the tune of 'Row, Row, Row Your Boat'.

Listen and watch my hand movements:

Wash, wash, wash your hands (rubbing palms together),
Until they're nice and clean; (rub fronts and backs),
Fronts and backs, fingers, thumbs (washing fingers and thumbs),
And everything in-between! (interlocking fingers)

Wash, Wash, Wash Your Hands!



Now, let's sing and wash together!

Wash, wash, wash your hands
(rubbing palms together)

Until they're nice and clean;
(rub fronts and backs)

Fronts and backs, fingers, thumbs
(washing fingers and thumbs)

And everything in-between!
(interlocking fingers)

Wash, Wash, Wash Your Hands!



In summary, we need:

- to wash our hands often for 20 seconds;
- to brush our teeth twice a day every day;
- to wash our bodies.

What one change could you make to help stop germs?

Reflecting

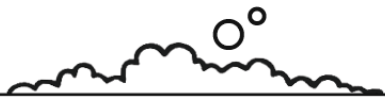
Consolidating

Consolidating

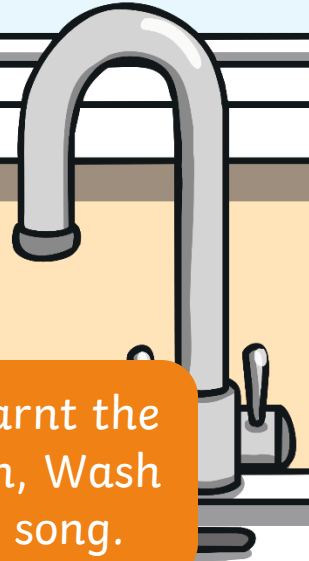
Wash, Wash, Wash Your Hands Poster



Your Hands



Wash, wash, wash your hands
Until they're nice and clean;
Fronts and backs, fingers, thumbs
And everything in-between.



You have learnt the
'Wash, Wash, Wash
Your Hands' song.

Draw pictures on the
poster. The posters
will remind us how
to wash our hands.

Reflecting

Clean Bean Says...



Listen carefully for
my instructions.
If I say, 'Clean Bean
says... brush your hair,'
you need to act it out.



Brush your hair.
Brush your teeth.
Wash your hands.
Wash your feet.
Wash your armpits.
Wash your face.
Wash your neck.
Wash away germs.

Brush your teeth,
stay still!



The Big Questions



What are germs and how can they be bad for us?

How can we keep ourselves clean?

What have you learnt today?

How will this learning help you in your daily life?



Aim

- I know how to keep my body clean.

Success Criteria

- I know how often to clean different parts of my body.
- I can wash my hands thoroughly.
- I can explain why we need to keep clean.

