

Grade 1 Life Skills

I am Clean



Term 1 Week 5

I am clean

Play "Simon says" with your teacher.

Do it outside

Find your own space and move without bumping into each other.

Simon says, "Touch your head."

ABC

Let's show

Show your friend how you ...

Wash your hands.



Brush your hair.



Dry your hands.



Brush your teeth.



Wash your face.





Let's write

Circle the correct words that tell us how often we need to do the following things.

Washing your hair.



every day

in the morning and
at night

twice a week

once a week

Brushing your teeth.



every day

in the morning and
at night

twice a week

once a week

Washing your body.



every day

in the morning and
at night

twice a week

once a week

Washing your face.



every day

in the morning and
at night

twice a week

once a week



Clean and tidy



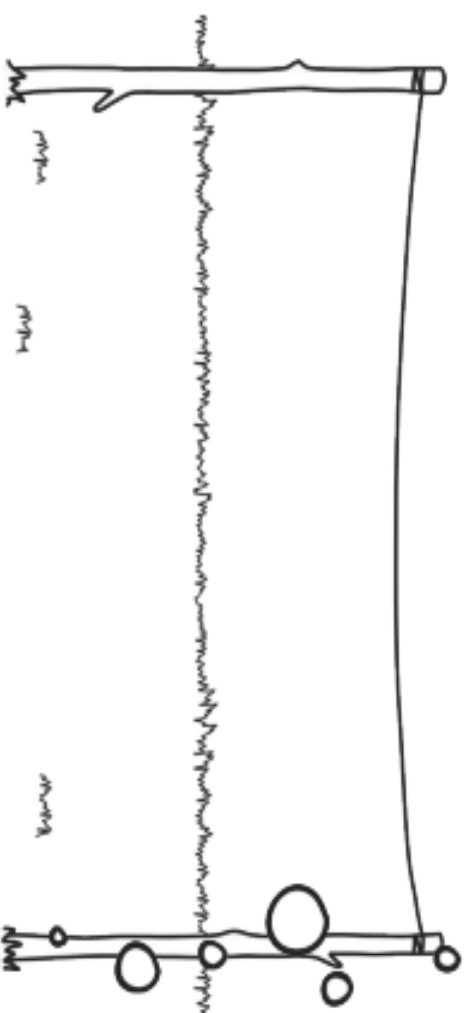
Show how you use these items.



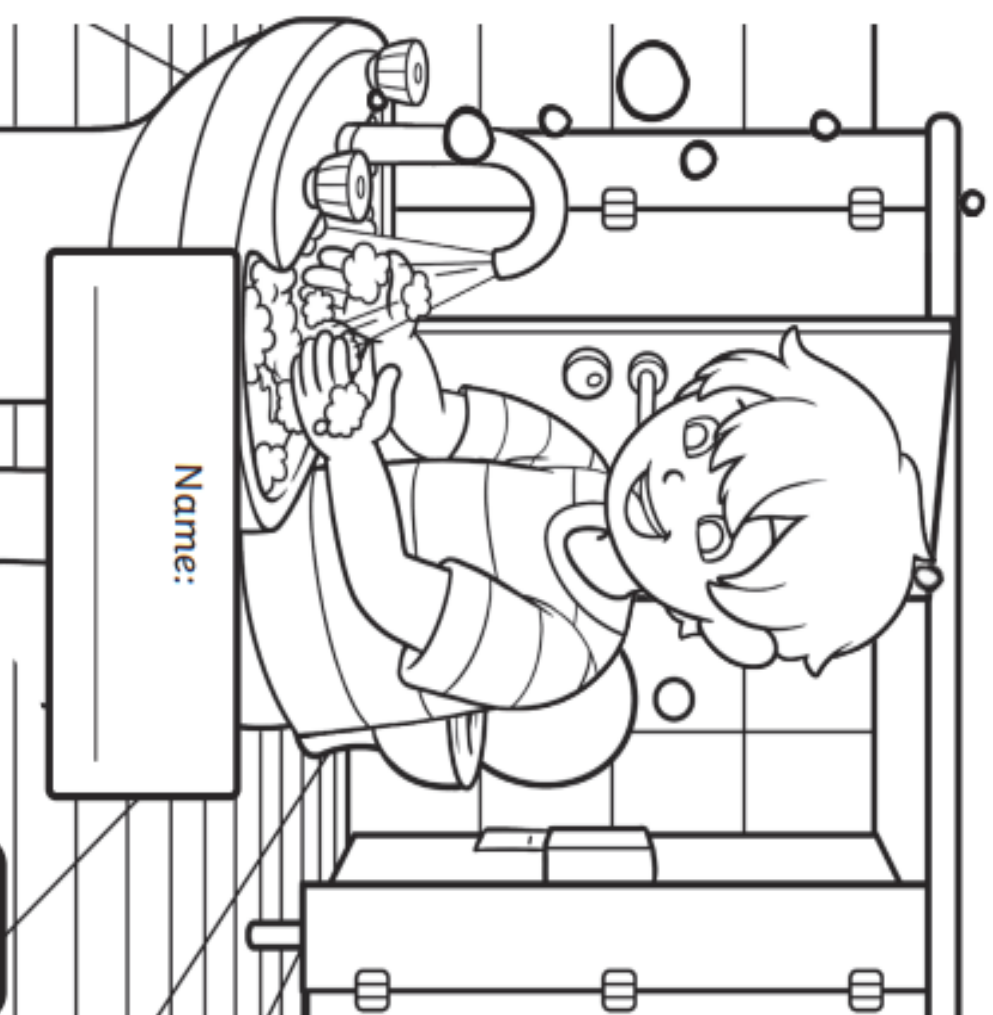
Clothing Hygiene

Remember to change your socks and underwear every day. Remember to put the dirty ones in the dirty washing basket!

Design some pants and socks to hang on the washing line. Cut them out and stick them on the washing line to show they are washed and clean!



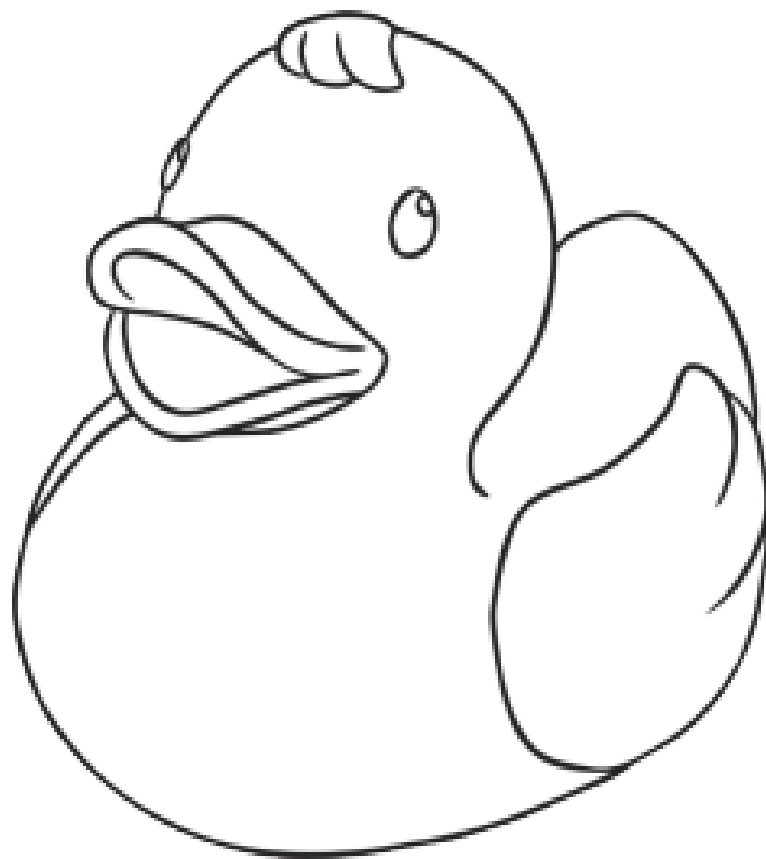
Keeping Our Bodies Clean



Body Hygiene

It is important to keep your body clean by showering or taking a bath regularly. It is especially important to wash our bodies after exercise as this can make our bodies sweat!

Can you design a new rubber duck for some bathtime fun?



Hand Hygiene

Design a poster that reminds people when to wash their hands.

