

Hygiene e-Award *with Shelley*



1. Find, read and discuss Psalm 119:11, 51:10, and 19:14.

Psalm 119:11

I have hidden your word in my heart that I might not sin against you.

Psalm 51:10

Create in me a pure heart, O God, and renew a steadfast spirit within me

Psalm 19:14

May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.

2. Learn about personal cleanliness.

Practicing good personal hygiene. Hygiene is a fancy word meaning clean living habits that keep us healthy. Dirt, tiny bits of food, and even germs can build up on our bodies if we don't clean ourselves everyday.

wake up in the morning

take a shower/bath

put on clean clothes.

brush your teeth

wash your hair and body

brush your hair



3. Discover three important times for washing your hand



Here is a fun game to play to learn why it's important to wash your hands.

Glitter Germs

<https://tinyurl.com/2mdw3ebd>

4. Practice proper brushing of teeth.



5. Discuss regular bathing and how to keep your hair clean.

Keeping hair clean you need to brush everyday

How to wash your hair

have a shower or bath



wet your hair



put shampoo on your palm



rub shampoo on your hair



rinse off the shampoo



dry your hair

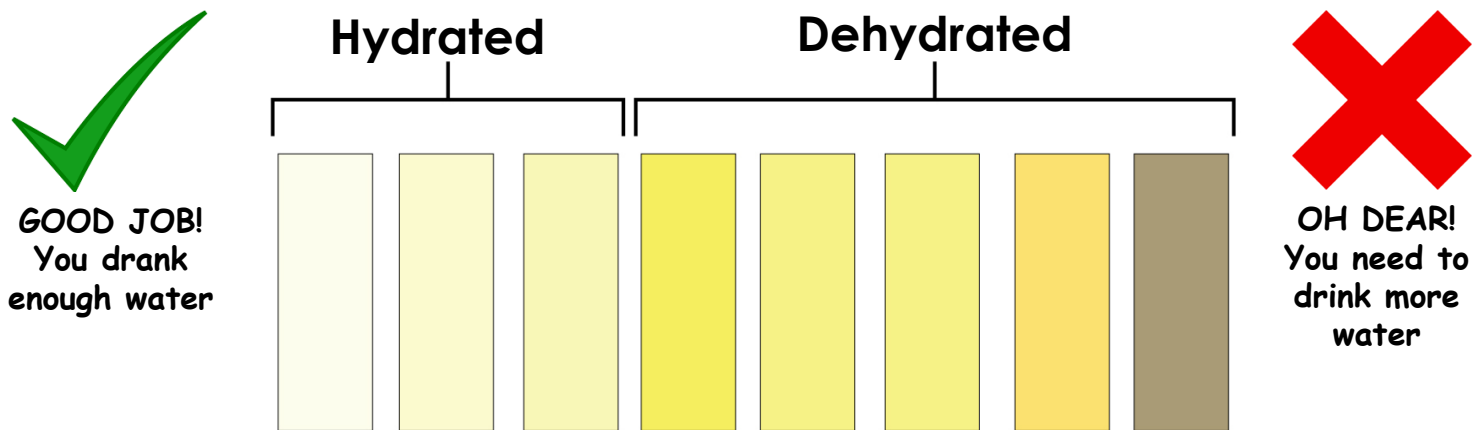


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6. How many glasses of water should you drink daily?



You need enough water each day to stay hydrated. The old rule was 8 glasses of water each day, but recent studies say that a person's needs can be different because of how much they weigh and also because water is found in fruits, vegetables, and other liquids. The important part is to stay hydrated, watching your body for signs of dehydration. God designed your body and planned you to be perfect and unique. So always check using this chart, to see if you have had enough water each day.



7. Is it important to keep your clothing clean?

Yes. Even if you don't get hot and sweaty, your clothes can get stained and dirty. Your underclothes are right next to your skin and collect dead skin cells, sweat and stains. Overnight the bacteria start to work on the stains so your clothes don't smell as nice on the second day of wearing them.

TAKE A PICTURE OF YOU
WATCHING THE E-AWARD AND
GLUE/INSERT IT HERE

