



Poor Hygiene and Habits

Lesson: The effects of poor hygiene and of poor habits on our health and wellbeing.

Date: As used.

Time: As used.

Class: 1st and 2nd class

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed: Using the resources from the Lunch Bag website, the lesson is introduced using the '4 corners' game, the lesson is then delivered in the form of the 'Poor hygiene and habits' video, the learnings are assessed using the 'Discuss the effects of poor hygiene and habits' resource and then the lesson is concluded using the 'Colour me in' activity sheet.

Learning Objectives

1. Develop and practice basic hygiene skills
2. Recognise the importance of treating the body with respect and dignity.
3. Realise that each individual must take some responsibility for their own self-care.

Introduction/Stimulus

The lesson is introduced using the '4 corners' game from the Lunch Bag website. This is a means of encouraging kids to stand up and be active. The importance of being active is one of the topics covered in the video, therefore, this game can be referred to throughout the lesson. It also provides a good opportunity to get students attention prior to the commencement of the lesson.

Development

- An explanation as to why looking after your body in different ways is introduced at the beginning of the lesson. This is then elaborated on in four different topics;
- **If you don't exercise;** The negative effects on your heart, lungs and bones are explained to students when our body isn't exercised adequately along with the negative effect it can have on our mood.
- **If you don't eat healthy;** The issue of tooth hygiene and the effects on your internal organs of eating a diet heavy in sugary foods and drinks is highlighted to students in this section.
- **If you don't drink enough fluid;** The negative effects of not replacing fluid lost from the body is the main learning from this section from a body and mind point of view.
- **If you don't practice good hygiene;** Students are encouraged to practice good personal hygiene in this section in order to avoid picking up unwanted illness' or having a body odour. The issue of cross contamination is again re-iterated in this section after students having previously learned about this topic in the 'Cross contamination and hand hygiene' lesson.

Conclusion

With the use of a classroom discussion prompted by the 'Discuss the effects of poor hygiene and habits' resource, the learnings of this lesson can be assessed by the teacher to ensure students have a good understanding of same. The learnings are then further re-iterated using the 'Colour me in' activity sheet.

<p>Assessment</p>	<p>Learnings are assessed using both the 'Discuss the effects of poor hygiene and habits' resource and the 'Colour me in' activity sheet. Teachers can assess the learnings using an open discussion involving all members of the classroom.</p>
<p>Linkage/Integration</p>	<p>Linkage: Myself and my community; when practising good hygiene, this helps reduce disease transmission which leads to further protection of our communities against different diseases.</p>

	<p>Feelings and emotion; Recognise healthy ways of feeling good about himself/herself.</p> <p>Integration:</p> <p>Art; is integrated using the 'Colour me in' exercise sheet.</p> <p>Physical Education and Fundamental Movement Skills; is integrated using the '4 corners' introduction.</p> <p>English; with the use of a classroom discussion, public speaking is integrated into this lesson which allows for English to be incorporated into this SPHE lesson.</p> <p>Making inference; Students understand that if they don't exercise, eat healthy, drink fluids and practice good personal hygiene that it will be more difficult to feel good about themselves.</p>
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