GOOD GROOMING

HEALTH AND FAMILY LIFE EDUCATION
PRIMARY SCHOOL
INFANT TWO

MINISTRY OF EDUCATION
CURRICULUM PLANNING AND DEVELOPMENT DIVISION

Good Grooming means keeping your body clean

- Brushing your teeth.
- Washing your hands regularly.
- Bathing regularly.







- Changing your clothes daily.





- Combing and brushing your hair regularly.





Why is good grooming important?

- It keeps your body clean.



- It kills germs.





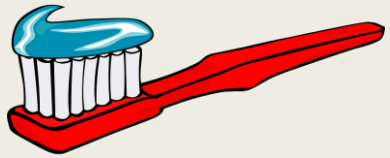
- It prevents you from getting sick.

- It helps you feel good about yourself.



Brush Your Teeth





I brush my teeth twice a day.



Say after me:

I brush my teeth
I brush my teeth

I brush my teeth in the morning
I brush my teeth at night

I brush my teeth
I brush my teeth.

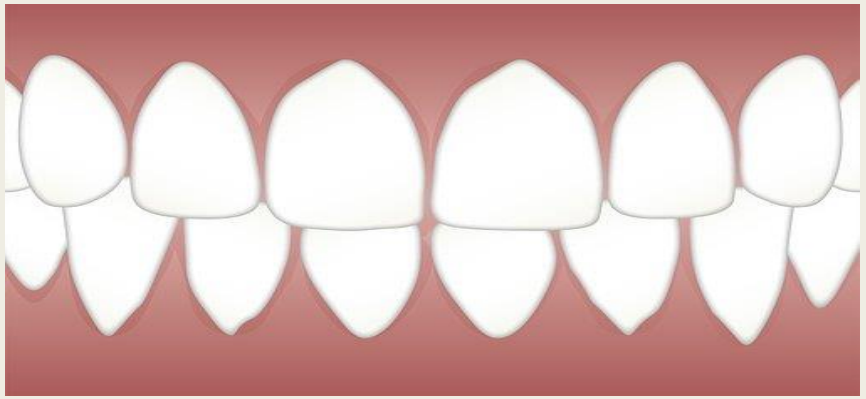
Click the link below and watch the video:

https://www.youtube.com/watch?v=hDZXSMU2lAk

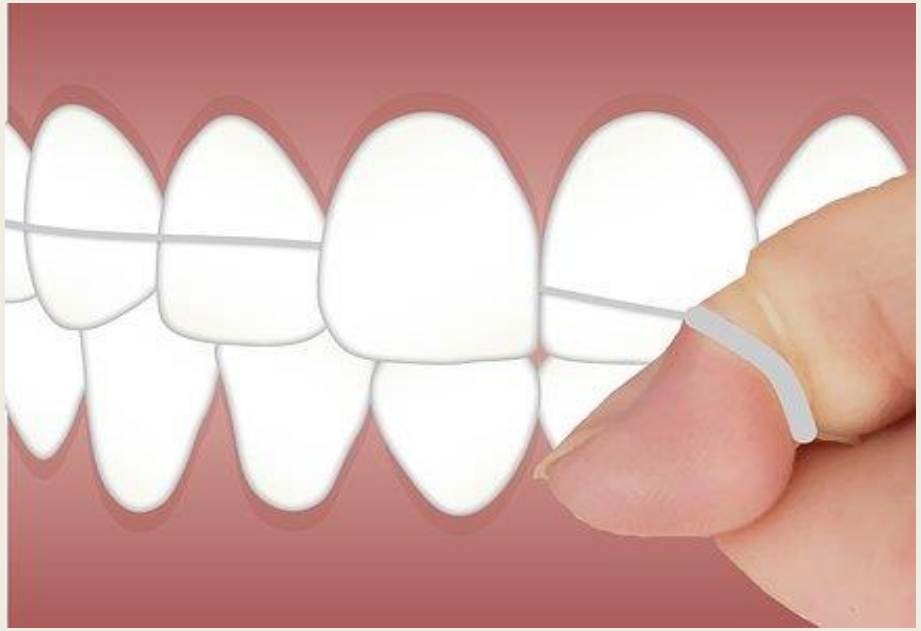
Why is flossing important?

It stops your teeth from decaying and prevents gum disease.





Flossing your teeth





Say after me:

I brush my teeth to keep it clean

Clean, clean, clean,

I brush my teeth to keep it clean

Clean, clean, clean,

I brush my teeth for heathy gums

Clean, clean, clean,

I floss my teeth to keep it clean

Clean, clean, clean.



Wash Your Hands Regularly

We wash our hands to keep it clean from germs.





Wash your hands with soap and water for 20 seconds.

Why wash your hands regularly?

- To stop the spread of germs.



- To prevent you from getting sick.



Wash your hands:





- Before and after meals.
- After sneezing and coughing.
- After using the toilet.
- After playing outside.
- After playing with animals.

Change your clothes daily

I change my clothes daily. My clothes are neat and clean.







Say after me:

I change my clothes

I change my clothes

I change my clothes when they are soiled,

I change my clothes when they are wet,

I change my clothes

I change my clothes.

Bathe Regularly

I bathe daily. I keep my body clean.





Say after me:

I wash and dry between my toes

I clean my nails and keep them short,

I clean behind my ears

I clean my face,

I clean my nose

I clean my whole body,

I dry my body before I get dressed.

Why I bathe?





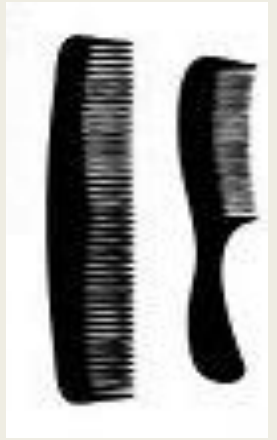


- To remove bacteria from my skin.
- To protect my skin from infection.

Combing and brushing your hair daily

We comb and brush our hair daily.







Say after me:

Comb, comb, comb your hair

Everyday I comb my hair,

I keep it nice and neat.

Brush, brush, brush your hair

Everyday I brush my hair,

I keep it nice and neat

Brush, brush, brush your hair.

Practice Activities
Complete the activity with a parent or teacher.

1. **Read the sentence and answer the question below.**

Mindy bathes daily and brushes her teeth twice a day.

a) Do you think Mindy is practising good grooming? Explain.

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2. Match the Word

Directions: Draw a line from the sentence to the matching picture.

Sentence	Picture
Change your clothes daily.	
Comb your hair regularly.	
Wash your hands regularly.	

Answers

1. Mindy is practising good grooming.

   Mindy keeps her body clean by bathing daily and brushing her teeth twice a day.

2.

Sentence	Picture
Change your clothes daily.	
Comb your hair regularly.	
Wash your hands regularly.	

References

My Kids Dentist (2012) How to brush your teeth properly-for kids. Available from: https://www.youtube.com/watch?v=hDZXSMU2IAk date retrieved: 16/4/2020.

Pixabay (n.d.) Images. Available from: https://pixabay.com/ date retrieved: 16/4/2020.

The End