

## Lesson 1

# Keeping Clean

### Learning Intention

To understand some basic hygiene principles

### Learning Outcomes

Know how to keep clean and look after oneself

### Resources

- Talking object
- Story bag containing sponge, toothbrush and soap (and a school jumper or shirt if they have one)
- [Keeping Clean pictures](#)

## Activities

### 1. Ground Rules

In a circle, discuss the ground rules; include listening, not talking when others are talking, not laughing at other people, taking turns and teamwork.

### 2. Pass the Talking Object

Explain that the talking object gives the holder permission to speak and that no-one speaks unless they have the object in their hand. Pass the talking object around the circle and as each person receives it ask them to say their name, if they want to, using the sentence: *Hello my name is...* This is a good opportunity to gently remind the class of the ground rules as the object goes around the circle, for example if someone throws the object ask them to try passing it again.

### 3. Feeling Faces

Ask the class to practice putting different feelings on their faces. Suggest happy, nervous, cross and proud. Ask the group to make a mask by covering their faces with their hands and then to think of something that makes them feel happy, giving examples such as a beautiful sunny day. On the count of three the group uncover their happy faces. Gently shake off those faces and repeat with the other feelings. This helps to build a shared emotional vocabulary which can be used throughout the sessions.

### 4. Story Bag

Take the objects out of the bag and place them on the carpet. Explain that you are going to tell a story which involves these objects. Ask the children if they can guess what the story is going to be about. Proceed to tell a story about a child getting ready in the morning for their first day at their new school. Choose a name and gender for the child and start the story with the child waking up. Ask the class what X needs to do to get ready in the morning. Ensure they include washing, brushing teeth and getting dressed. With each suggestion ask *Will X need help or can s/he do this alone?* For example, X may need help tying laces or doing up tricky buttons. *Who could X ask for help?* Encourage the group to act out elements of the story as it progresses, for example, waking up or brushing teeth. Ask the class to use feeling faces; finishing with a proud face at the end of the story as X wears the school jumper.

### 5. Keeping Clean Pictures

In small groups at tables, give each group a [Keeping Clean picture](#). Ask the groups to discuss what the object in the picture is, how it helps people to keep clean, when is it used and would they need help to use it?

### 6. Feedback

Display all the [Keeping Clean pictures](#) on the whiteboard and discuss with the class.

### 7. Reflect and Review

To assess learning use the talking object to do a final go-round: *One way to keep clean is ...*