

Special Ed

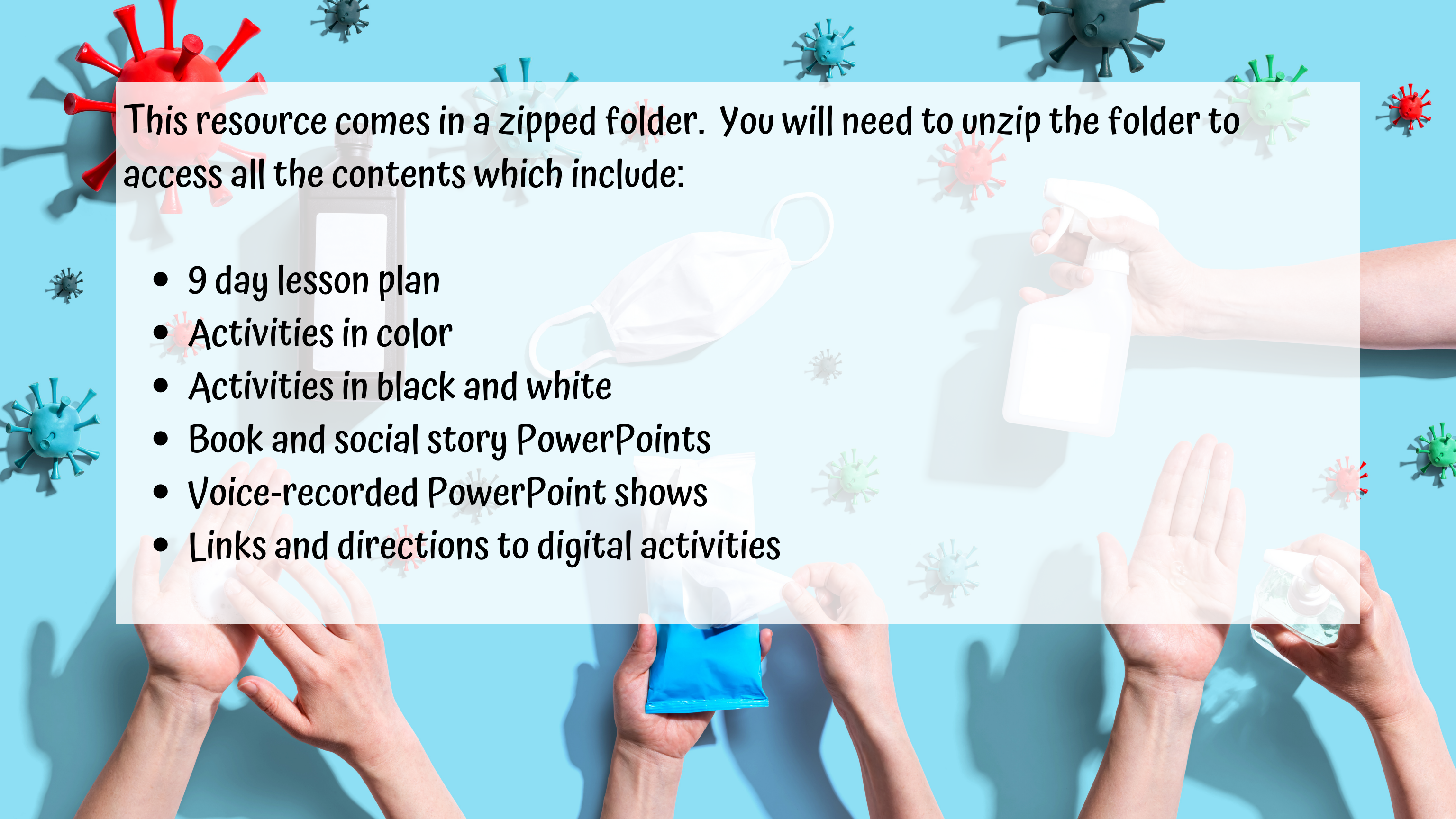
PERSONAL HYGIENE



ALSO INCLUDES GOOGLE SLIDES



This unit was created with this guy in mind. He has autism and an intellectual disability. He is a non-reader, and loves the ocean. With some support he is able to do this unit, and enjoys the challenge. He is my tester!!

The background is a light blue collage. At the top, there are several 3D virus-like icons in red, blue, green, and black. Below these, there are images of hands: one hand holding a white spray bottle, another hand holding a clear hand sanitizer bottle, and several pairs of hands in various positions. A white surgical mask is also visible in the center. The overall theme is hygiene and safety.

This resource comes in a zipped folder. You will need to unzip the folder to access all the contents which include:

- **9 day lesson plan**
- **Activities in color**
- **Activities in black and white**
- **Book and social story PowerPoints**
- **Voice-recorded PowerPoint shows**
- **Links and directions to digital activities**

Table of Contents

Pages	Activity
4-5	Vocabulary board
6-9	Circle map
10-13	Sorting good and bad habits
14-18	Matching body part to product
19-23	Sequence washing hands
24-29	Hygiene class ideas
30-35	Better get a tissue booklet
36-46	Assessment
47-48	Terms of Use

Also included in this resource as separate files:

- Lesson plans
- Links and directions to digital activities
- PowerPoints (this is the book and social story in the lesson plans)
- Voice recorded PowerPoint
- Activities in black and white

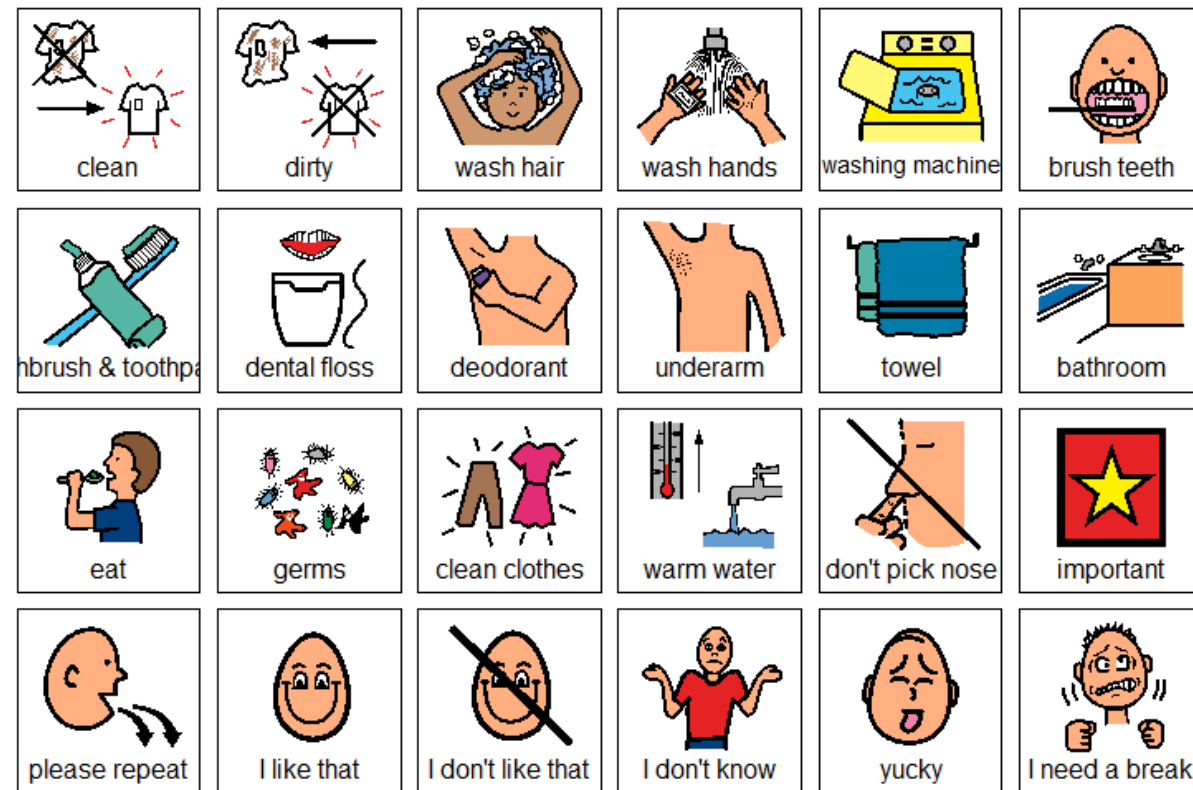
This unit has 9 days of activities in printable and digital formats.

There are 2 separate files, one in color and one in black and white.

This unit comes with a vocabulary board.

Vocabulary boards are great for ALL students to assist with participation and engagement in group discussions.

Tips on how to use in the unit!!



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You should wash your hands whenever you do something that is dirty or messy.



There is a 28-page book with simple text and engaging photos.

Good hygiene also includes taking care of your teeth.



It comes in :

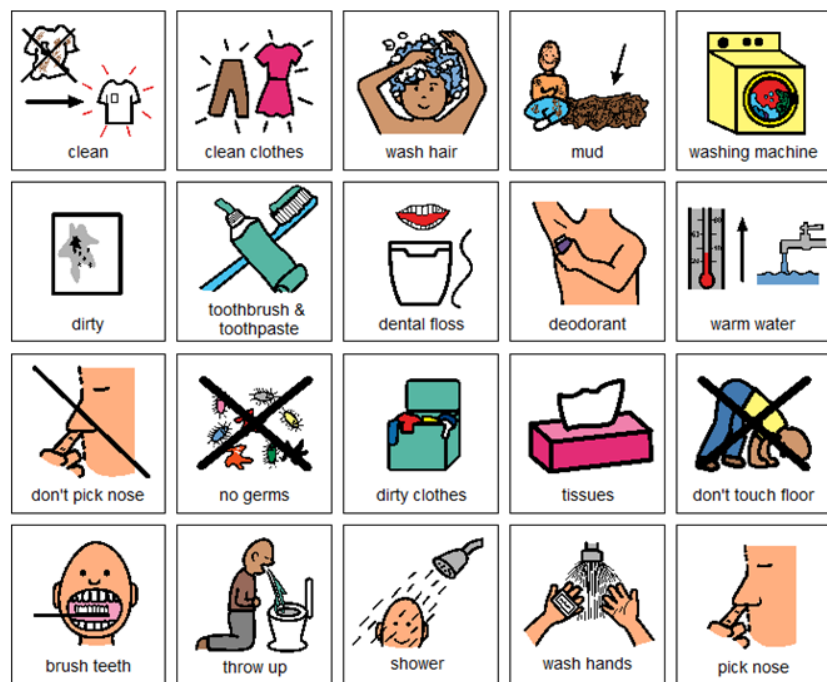
- PowerPoint
- Movie (mp4) file

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Cut out pictures and place in circle map on previous page.



Cut apart pictures and place in circle map **ONLY IF** they relate to good hygiene.



There is a circle map of what good hygiene means.

Circle maps are a great way for students to see the concept at a glance. There are 2 versions:





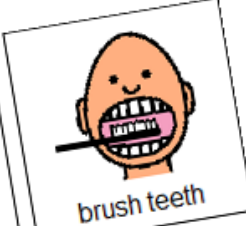


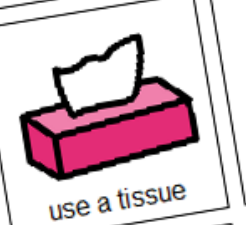


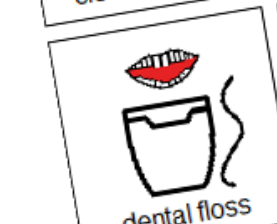




- One is errorless
- One has wrong answers mixed in students will have to set aside



good habit

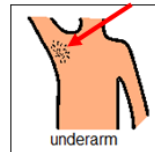
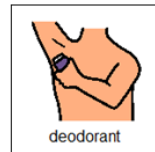
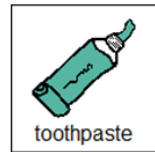


bad habit

 pick nose	 shower	 wash hands	 smelly	 brush teeth
 clean clothes	 deodorant	 use a tissue	 dirty clothes	 bathe
 dental floss	 no soap	 dry with a towel	 don't wash hands	 muddy

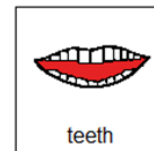
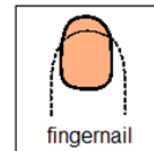
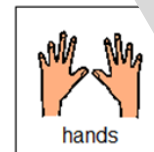
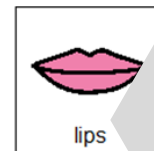
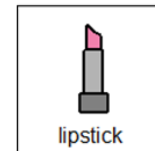
There is a sorting activity looking at good and bad habits when it comes to hygiene. There are both photos and picture symbols included.

Draw a line matching the product to the body part it is used on.



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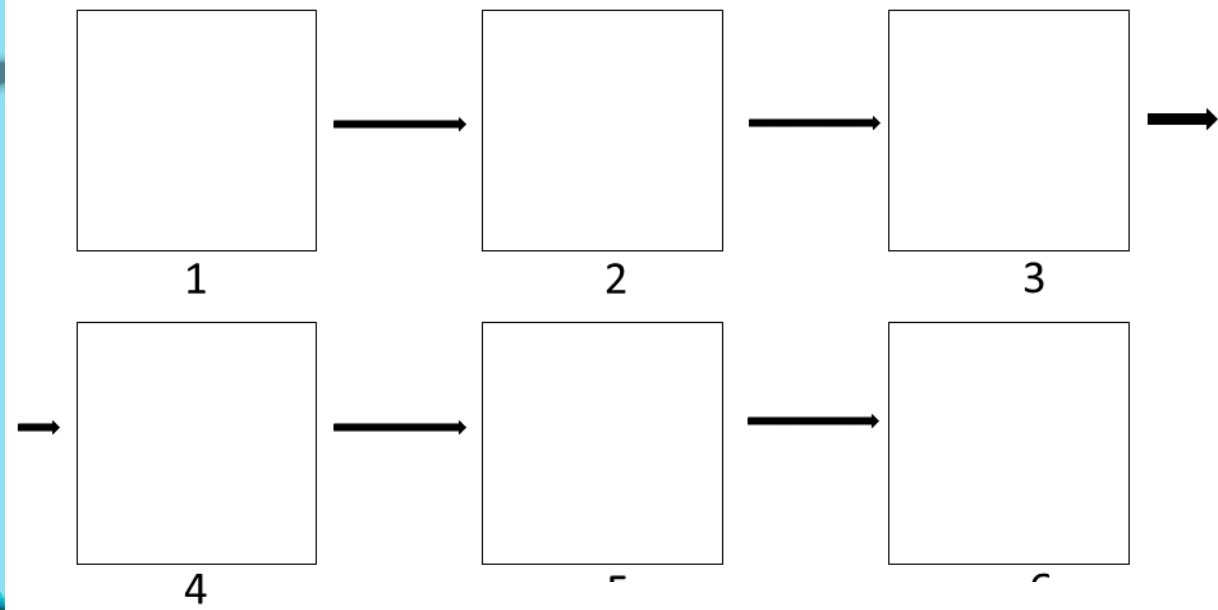
Draw a line matching the product to the body part it is used on.



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There is a matching activity looking at how various hygiene products are used.

Sequencing Template



The P
W

Have students sequence pictures onto template on previous page. Give students an appropriate number of pictures according to their learning level.



There is a sequencing activity looking at the steps to good handwashing. It can be differentiated using fewer steps (templates included).

2. Why You Need to Use Soap (a Germs Simulation Experiment) The experiment is meant to simulate how soap helps to get rid of germs.



<http://deceptivelyeducational.blogspot.com/2015/06/why-you-need-to-use-soap-germs.html>

3. Glitter Germs Activity for Kids Makes Staying Healthy Fun! Use glitter and lotion to help students “see” the spread of germs.



<https://thesimpleparent.com/glitter-germs-activity-for-kids>

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8. Fun Activities to Teach Hygiene

3 different activities for teaching hygiene.



<http://ilslearningcorner.com/2016-07-hygiene-fun-activities-teach-kids-personal-hygiene/>

9. Practice Flossing

There are lots of activities here to learn about dental hygiene.



<http://mamabeefromthehive.blogspot.com/2011/03/dental-health.html>

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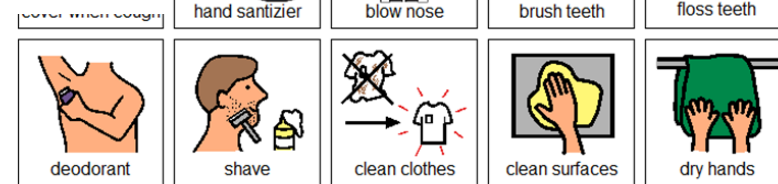
There are links to 10 different group activities you can do showing the importance of good hygiene.

Hygiene Charade cards

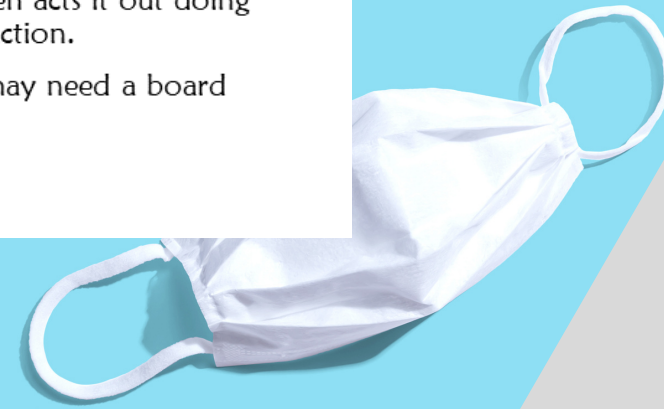
- You can use these cards 2 ways.
- The traditional method where a student chooses a card and then acts it out without using words.
- OR, after drawing the card, show it to everyone. The student then acts it out doing a step incorrectly. The class has to identify what was the wrong action.
- I included a copy of all the cards on one page for students who may need a board to refer to for extra support.
- The cards are in color and BW.



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There is also a charades game that comes with suggestions for use and cards.

But most people think it is gross to see a person picking their nose.



There is a social story about using a tissue that comes with photos as well as a version with picture symbols (color and black and white.)

I have been learning about good hygiene.



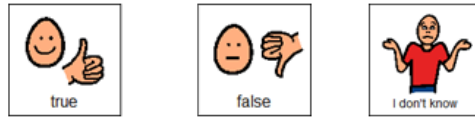
Page 1

I know to wash my hands after the bathroom.



Page 2

1. Good hygiene is important.



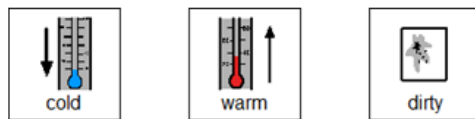
2. What should you do after going to the bathroom?



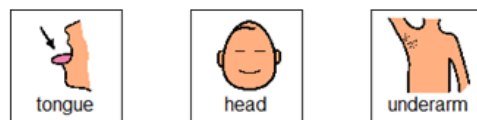
3. What should you use to wash your hands?



4. What type of water should you use to wash your hands?

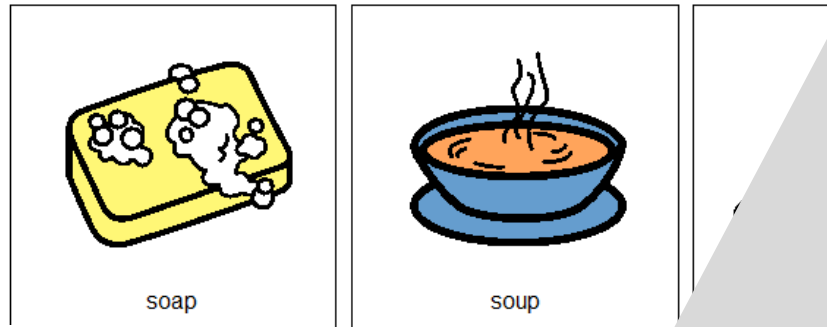


5. Where do you put deodorant?



Print onto cardstock or mount on index cards. Cut pictures apart and show student answer choices for each question.

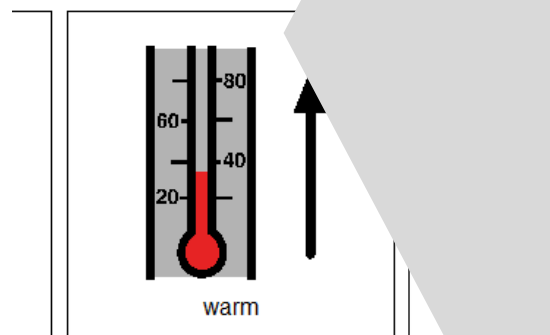
Q 3



soap

soup

Version 3



warm

- Good hygiene is important.
 - True
 - False
- What should you do after going to the bathroom?
 - Eat
 - Sleep
 - Wash your hands
- What should you use to wash your hands?
 - Soap
 - Soup
 - Toothpaste
- What type of water should you use to wash your hands?
 - Cold
 - Warm
 - Dirty
- Where do you put deodorant?
 - Tongue
 - Head
 - Underarm
- How often should you brush your teeth?
 - 2x a day
 - October
 - Mornings

There is a 10 question final assessment.

There are 3 versions. This version has 10 questions with 3 picture choices for each question.

Answer key included.

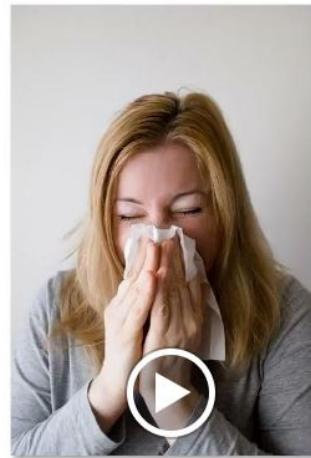
Listen to the
movie on
Hygiene

Everyone is always talking about the importance
of good hygiene.



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Listen to the
story, Better
Get a Tissue



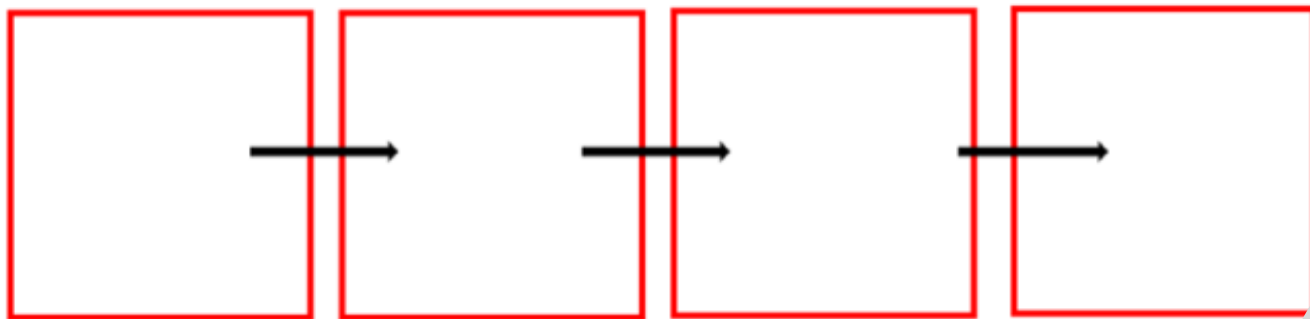
Better Get a Tissue

By
Christa Joy

There is a video of the
book and the social
story read aloud.

Use for more review

Sequencing how to wash your hands.

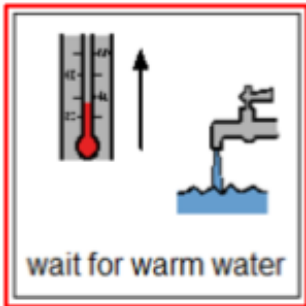


1

2

3

4



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There are digital versions of the activities included. Students click and drag the answers.

Perfect for any learning level.



Place the pictures in the correct column. If you are not sure, place it on the middle line.

 pick nose	 shower	 wash hands
 brush teeth	 use a tissue	 no
 clean clothes	 dental floss	 no
 deodorant	 don't wash hands	 muddy

There are 2 sets, one that includes differentiation shown here.