Science – Keeping Healthy

This week we are going to be thinking about **Hygiene.**

Hygiene means **being clean**. Having good hygiene means you do lots of things to make sure that your body stays clean, like **washing your hands** and **brushing your teeth**.

Keeping our bodies clean is very important. When we clean ourselves, we wash away germs and that stops them from getting into our bodies and making us poorly.

Websites

BBC Bitesize clip about how to keep healthy:
https://www.bbc.co.uk/bitesize/clips/zqg7tyc

Information about why we need to brush our teeth:
https://www.funkidslive.com/learn/why-do-we-brush-our-teeth-and-what-happens-if-we-dont-should-we-use-mouthwash-whats-the-best-way-to-floss/#

How to brush your teeth: https://www.youtube.com/watch?v=hDZXSMU2lAk

NHS song-how to wash your hands properly:
https://www.youtube.com/watch?v=S9VjeIWLnEg

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Germs are everywhere, but not all of them are bad for us. In fact, we **need** some germs inside our bodies to make them work properly!

But germs can't move by themselves. They travel on things like: our hands, animals and our sneezes! So, if we wash our hands before we touch our face then the germs that make us poorly will not get into our bodies.

Suggested Activities

1. **Make a poster to show how to brush your teeth properly.**

or

2. **Help people to learn the best way to wash their hands**. You could make a video, write instructions or take some pictures of yourself washing your hands and put them in order.

You could also try out this 'germs experiment' for a fun way to learn about using soap: https://www.bbc.co.uk/cbeebies/watch/germs-experiment

Art-Colourful Hands

1. Draw around your hand in different places on a large piece of paper. Make sure that you overlap some parts.
2. Now paint or colour the sections that you have created. Stop if you get 'cut off' by an overlapping pencil line.
3. Use contrasting colours (colours that are very different like yellow and blue) for sections that are next to each other.

Don't forget to share your work on DoJo!