**Topic lesson 5 PSHE**

**Key question:** What is Personal Hygiene?

**WALT:** To understand what Personal Hygiene is

Watch the short video to help you explore what personal hygiene is. The video also suggests how good hygiene prevents illnesses and helps you feel calm and confident.

[https://www.youtube.com/watch?v=jQ2e0KH5WrI](https://www.youtube.com/watch?v=jQ2e0KH5WrI)

Go through the PowerPoint presentation 'Personal Hygiene' and complete the activities.

**Activity 1:** What is included in personal hygiene?

Write down as many things you can that you can do to maintain personal hygiene:

1. Brushing your teeth twice a day

**Activity 2:** Poster

Create a poster on personal hygiene. This should include a title, pictures and key vocabulary. It is really important that we maintain good personal hygiene. You could stick your poster in your room to remind you to follow all the steps to keep yourself clean and hygienic. Take a look at this example for help: