

# Reception

## Lesson 2

## Keeping Ourselves Clean

### Learning Intention

To understand why hygiene is important

### Learning Outcomes

Explain why it is important to keep clean

Understand some basic hygiene routines

### Resources

Glove puppet

Items related to hygiene, e.g. flannel, sponge, towel, toothbrush, toothpaste, shampoo, soap, comb, brush

[Keeping Clean pictures](#)

*The Smelly Book*, Babette Cole

## Activities

### 1. Ground Rules

In a circle, remind the children of the previous session and use the silly puppet to ask them what are the rules needed for behaviour in a circle, i.e. look at and listen to the teacher, put your hand up to talk, sit with your legs crossed.

### 2. Recap Our Day mimes

Using the puppet, ask the children to remember the routines for waking up and getting ready for school. As a whole group mime some of the actions e.g. waking up and stretching, washing our face, brushing our teeth, getting dressed. Next, ask them to remember the routines for coming home from school and getting ready for bed. Perhaps the silly puppet is very tired now and needs to go to bed itself.

### 3. What is it for?

Place plenty of keeping clean items and [Keeping Clean pictures](#) on tables around the room. Working in groups, ask the children to examine the keeping clean items and pictures and decide together what they are used for. Ask them to practise miming how they would use the item at home. Collect the items in and present them to the group one at a time, asking the following questions: What is the item for? How does it keep us clean? What part(s) of the body does it clean? Which parts of the body do we need to wash the most often? Why is it important to wash our hands after going to the toilet? Accept the children's words for body parts/private parts and clarify using the appropriate vocabulary.

Bring the groups back together on the carpet and ask one person from each group to stand up and mime using one of the items to the rest of the class. Ask the rest of the class to see if they can guess what the mime is about. Ask the children which items they use on their own and which items do they need help using? Who might help them to keep clean at home?

### 4. *The Smelly Book*

Read *The Smelly Book* to the children and briefly discuss the content: what was the smelliest thing in the story? What is deodorant? Why did the boy's socks smell? Who else's feet smelt 'pretty bad'? Why did the baby smell? What part of its body would need cleaning often? Why did the boy's friends run away?

### 5. Review and Close

Remind the children that it's also important to keep clean because it helps us stay healthy.

## Additional Activities

### **Washing Dolls**

Set up the water play area with a small bath filled with bubble bath so that the children can bathe and wash the baby dolls. Ensure the dolls are anatomically correct where possible so that children have the opportunity to distinguish between male and female dolls. Dolls could also be used in play for practising their daily routine, waking up, getting dressed and undressed, having breakfast.

### Suggested Reading

*The Boy Who Hated Toothbrushes*, Zehra Hicks