

○ MUSIC  city COUNSELOR

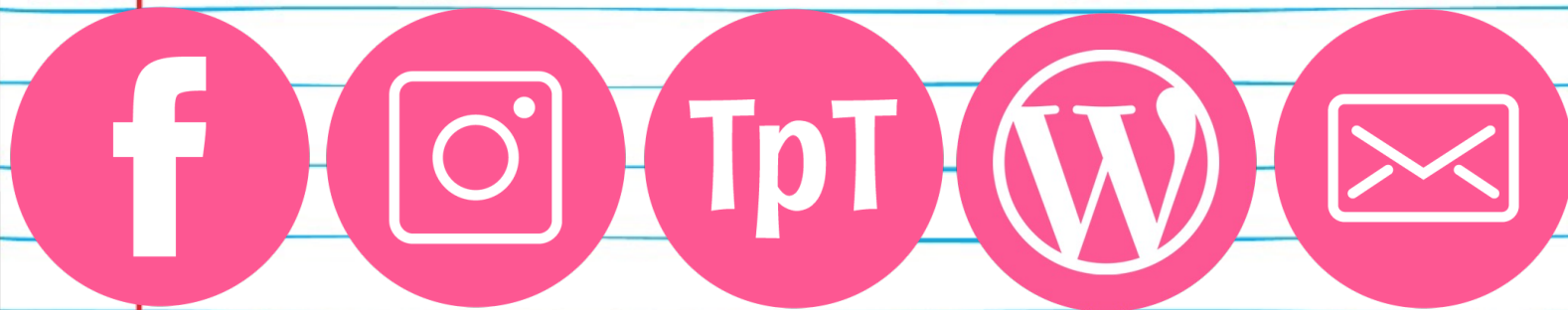
# THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

# LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# **ASCA Mindsets & Behaviors:**

## Category 1: Mindset Standards

- M 1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

## Category 2: Behavior Standards

- B-SMS 1: Responsibility for self and actions
- B-SMS 7: Effective coping skills



# **DIRECTIONS:**

**This lesson will take approximately 45 minutes to complete.**

1. Review the PowerPoint or digital for Google Slides™ presentation with students.
2. Review the instructional posters.
3. Use the discussion cards with students.
4. Complete a worksheet or coloring page with students.
5. Display the bulletin board.

## **Presentation:**

This presentation tells the story of Charlie, a boy who is playing outside and doesn't want to come in to take a shower. His mom uses this as an opportunity to teach him **8 ways to have good personal hygiene**. The presentation closes with 3 discussion questions that let students reflect on the story and how to have good personal hygiene.

## **Bulletin Board:**

Please print and cut out the bulletin board letters. Then, print the 11 posters. You can arrange them on the board however you'd like. I offered a sample on the next page.

## **Discussion Cards:**

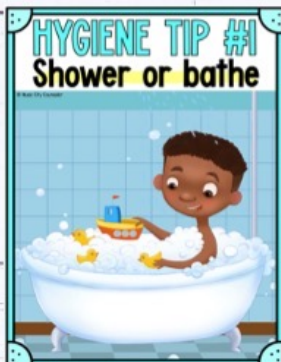
20 discussion cards are included. You can use these however you'd like. I recommend dividing students into small groups of 2-3 and giving each group 2-3 cards. Students can discuss them with their small groups, then share their answers with the class.

## **Worksheets & Coloring Pages:**

Assorted worksheets, a word search, and coloring pages are included. Please choose those that best fit the needs and developmental level of your students, and the amount of time you have.

# Sample Bulletin Board:

Let's be **FRESH & CLEAN!**





# Bulletin Board

**Let**

**,**



**sb**  
**e**

**FREE**

**~**



H&

L

G

EA

!

z



# What is Personal HYGIENE?

To take care of your body by keeping it fresh and clean. Care for your hair, teeth, ears, mouth, hands, feet, and nails.

© Music City Counselor





**Bathe daily**



**Deodorant**

**FRESH & CLEAN**  
**is the way to be!**



**Wash hands**



**Brush hair**





**Brush teeth**



**Cover cough**

**FRESH & CLEAN**  
**is the way to be!**



**Trim nails**



**Clean clothes**



# HYGIENE TIP #1

## Shower or bathe

© Music City Counselor



# HYGIENE TIP #2

## Use deodorant

© Music City Counselor





# HYGIENE TIP #3

## Wash hands

© Music City Counselor



# HYGIENE TIP #4

## Brush hair

© Music City Counselor





# HYGIENE TIP #5

## Brush teeth

© Music City Counselor



# HYGIENE TIP #6

## Cover cough + sneeze

© Music City Counselor





# HYGIENE TIP #7

## Trim + clean nails

© Music City Counselor



# HYGIENE TIP #8

## Wear clean clothes

© Music City Counselor





# Discussion Cards

# Let's Talk!



## About Hygiene

What is personal hygiene?

# Let's Talk!



## About Hygiene

What is one way to have good hygiene?

# Let's Talk!



## About Hygiene

Which parts of our bodies do we keep fresh and clean?

# Let's Talk!



## About Hygiene

What does "Fresh and Clean is the Way to Be!" mean?

# Let's Talk!



## About Hygiene

How can we stay fresh and clean at school?

# Let's Talk!



## About Hygiene

How can we stay fresh and clean at home?

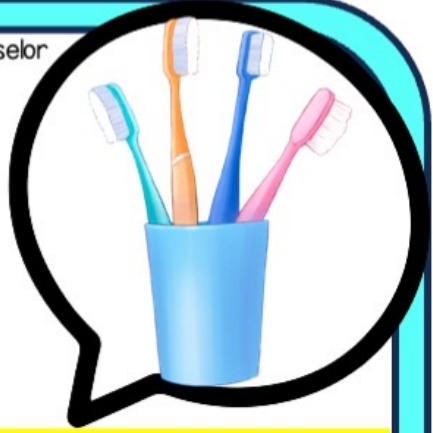
# Let's Talk!



## About Hygiene

Why is it important to wear clean clothes?

# Let's Talk!



## About Hygiene

How do we keep our teeth clean?



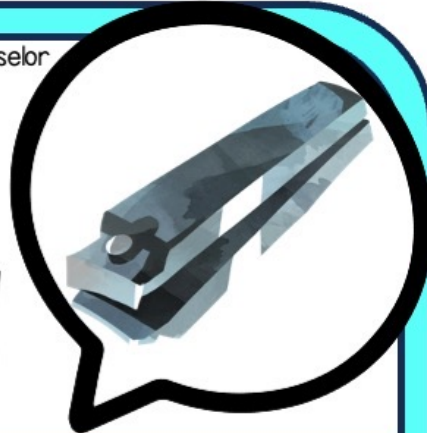
# Let's Talk!



## About Hygiene

How can we take care of our hair?

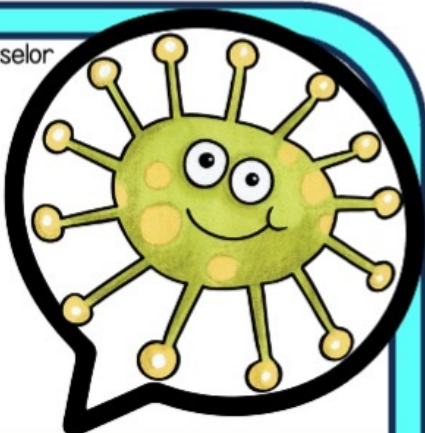
# Let's Talk!



## About Hygiene

How can we take care of our nails?

# Let's Talk!



## About Hygiene

How can we stop the spread of germs?

# Let's Talk!



## About Hygiene

Why is hand washing important?



# Let's Talk!



## About Hygiene

How can you  
practice better  
hygiene?

# Let's Talk!



## About Hygiene

How is Sammy  
showing good  
hygiene?

# Let's Talk!



## About Hygiene

How is Mary Ann  
showing good  
hygiene?

# Let's Talk!



## About Hygiene

Why is  
hygiene  
important?

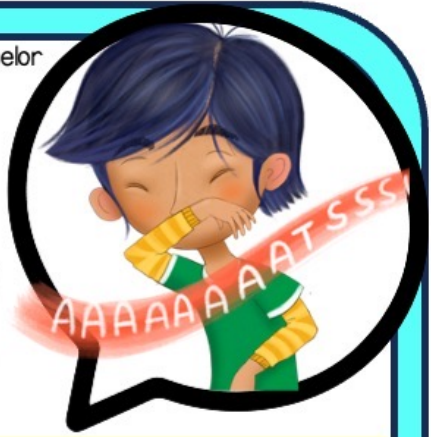
# Let's Talk!



## About Hygiene

How is Ricki showing good hygiene?

# Let's Talk!



## About Hygiene

How is Carlos showing good hygiene?

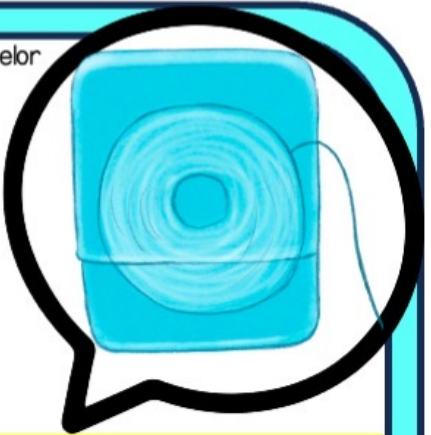
# Let's Talk!



## About Hygiene

How does deodorant help us have good hygiene?

# Let's Talk!



## About Hygiene

How and why do we use dental floss?

# **Worksheets & Coloring Pages**



Name: \_\_\_\_\_

# HYGIENE WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| U | T | D | H | U | M | D | R | W | I | W | T | X | B | C |
| S | A | T | W | S | G | B | B | I | R | G | G | T | R | O |
| E | K | U | A | E | P | D | V | P | N | I | S | R | U | V |
| S | E | I | S | D | C | B | C | Z | K | B | L | N | S | E |
| A | A | C | H | E | N | O | R | U | H | E | C | Q | H | R |
| N | S | L | C | O | M | H | V | U | Y | R | G | L | T | S |
| I | H | I | L | D | O | O | U | E | S | N | J | D | E | N |
| T | O | P | O | O | N | G | U | K | R | H | G | Q | E | E |
| I | W | N | T | R | Q | K | H | T | S | C | H | G | T | E |
| Z | E | A | H | A | L | U | N | Z | H | X | O | A | H | Z |
| E | R | I | E | N | K | V | W | X | S | W | J | U | I | E |
| R | E | L | S | T | R | Q | X | T | Q | Y | A | U | G | R |
| W | A | S | H | H | A | N | D | S | V | G | X | S | T | H |
| T | N | L | P | T | A | K | E | A | B | A | T | H | H | E |
| K | G | R | N | W | A | S | H | F | A | C | E | W | N | E |

USE DEODORANT  
WASH CLOTHES  
COVER COUGH  
CLIP NAILS  
COVER SNEEZE  
USE SANITIZER  
USE MOUTHWASH

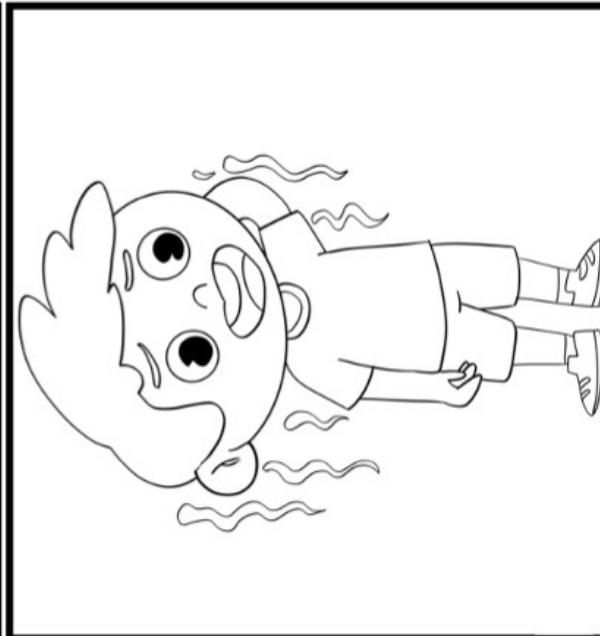
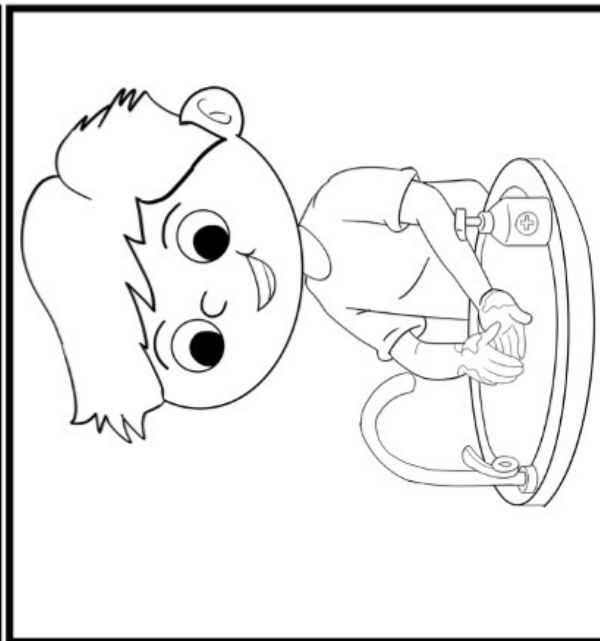
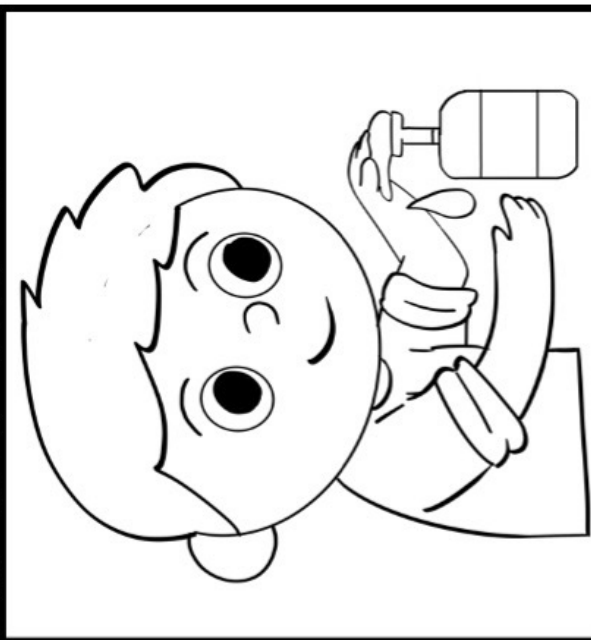
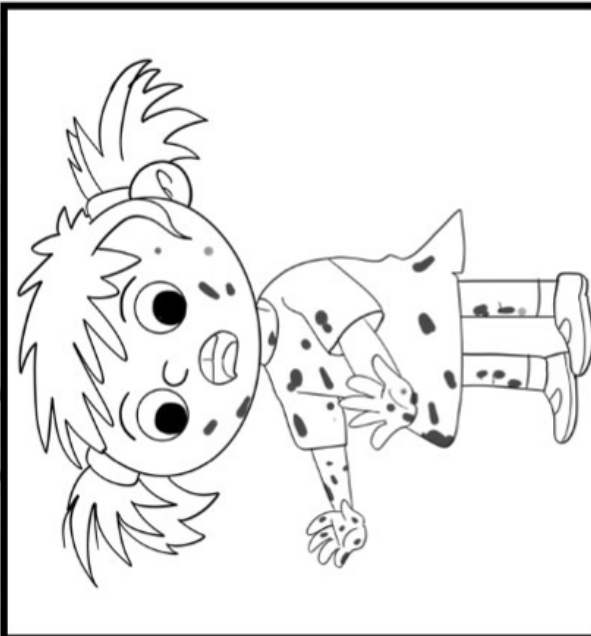


WASH HANDS  
TAKE A BATH  
BRUSH TEETH  
BRUSH HAIR  
WASH FACE  
TAKE A SHOWER

Name: \_\_\_\_\_

Color the pictures that show

# GOOD PERSONAL HYGIENE.



Name: \_\_\_\_\_

Write and draw about how you can have

**GOOD PERSONAL HYGIENE.**

---

---

---





Name: \_\_\_\_\_

Draw pictures and write about 3 ways to have  
**GOOD PERSONAL HYGIENE.**



---

---

---



---

---

---



---

---

---



Name: \_\_\_\_\_

# FRESH & CLEAN

**is the way to be!**



Name: \_\_\_\_\_

# FRESH & CLEAN

## is the way to be!





Name: \_\_\_\_\_

# FRESH & CLEAN

**is the way to be!**



Name: \_\_\_\_\_

# FRESH & CLEAN

## is the way to be!



Name: \_\_\_\_\_

# FRESH & CLEAN

**is the way to be!**





Name: \_\_\_\_\_

# FRESH & CLEAN

**is the way to be!**



# ○ TERMS OF USE:

- Make copies for the purchaser's classroom AND share copies with other educators within your school building
- Reference (without distribution) this product in blog posts, seminars, professional development workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation

• YOU MAY •

- Claim the work as your own, alter the files in any way, or remove/attempt to remove the copyright
- Share this product with educators outside of your school building
- Repackage, sell, or giveaway this product to others
- Offer to share this product anywhere on the internet as a download or copy

• YOU MAY NOT •



Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

