

Lesson to Adapt 3: Personal Hygiene

**10 minutes total**

Instructions for Adapting this Lesson



You have prepared this lesson to use a lot of written material, but you realize that many people in your group have difficulty with reading and writing. Modify the lesson to be more accessible for those who cannot read and write.

Lesson Description



In this lesson participants will learn what “hygiene” means and will explore different types of hygienic practices.

Learning Expectations



At the end of this session participants will be able to:

1. Describe what is meant by hygiene.
2. List good personal hygiene practices.

Materials



- Flip chart paper
- Markers
- A bundle of cards with the words “Comb,” “Toothbrush,” “Soap,” “Detergent,” and “Nail-clippers” written on them

Preparation



- Read and prepare lesson plan
- Write lesson description or learning outcomes on flip chart paper
- Create cards with the words “Comb,” “Toothbrush,” “Soap,” “Detergent,” and “Nail-clippers” written on them.
- Place the cards somewhere visible at the front of the room.

Introduction

1 minute

1. Place cards with the following words at the front of the room:
 - Comb
 - Toothbrush **or** tooth sticks (tooth picks)
 - Soap

- Detergent
 - Nail-cutters
2. Ask the participants what all of these words have in common. *They are used for personal hygiene.*
 3. Present the lesson description or learning outcomes.

Definition of Hygiene**2 minutes**

1. Ask the participants to individually write out a definition of what hygiene means to them.
2. Ask a few volunteers to share their written responses. *Hygiene is the general cleanliness of your home, your food and yourself.*
3. As participants volunteer ideas, write their responses on a piece of flip chart paper.

Personal Hygiene Graffiti**5 minutes**

1. Explain to participants that they will be divided into two groups and will list as many different hygiene activities that they can think of, then rotate groups to share ideas.
2. Divide participants into two groups, give each group a piece of flip chart paper, and give them 2 minutes to write their responses.
3. Ask each group to rotate to the other group's paper and add any missing items from the list.
4. Ask each group to return to their paper and review what the other group has added to their list.

Review**1 minute**

1. Ask the participants to write down one habit of good personal hygiene, when it should be done, and how frequently.