

Personal hygiene

Name: _____

There is a group of tiny invaders that can make our bodies ill. They are called germs and they are everywhere. Germs are tiny organisms that can cause disease. They are so small and sneaky that they creep into our homes and bodies without being noticed. They are so tiny that you need to use a microscope to see them.



Activity 1: Draw a germ

What do you imagine a germ would look like if it was big enough for us to see it? Draw your idea of a germ.

Germs breed in warm, damp places. Think of all the warm, damp places in your home such as kitchen counters, dirty dishes, and dirty floors. Germs enjoy breeding in those places. That is why it is important for us to keep everything clean.

Activity 2: Where do germs breed in your home and school?

Work with a friend and make a list of places where you think germs can breed in your home and your school.

Activity 3: Where do germs breed on your body?

Good personal hygiene means keeping clean all the time. When we perspire, we become warm and wet. Draw an outline of a body and circle the body parts listed below which could be a good breeding place for germs if we don't wash those areas regularly.

underarms hands neck groin between the toes
behind the ears stomach hair

Activity 4: Personal items that we must not share

There are some items that we should never share with others because we could be passing on germs to one another. Work with a friend and make a list of items that you think should not be shared with one another. Here are some ideas to help you.

