Washing your hands makes you feel good!

Link each part of the body with the actions which keep them clean.

Areas Susceptible to Germs

Julie, John and Tom ate a raspberry tart after school for tea. Then they played hide and seek in the garden. They are very dirty when they come back indoors.

John is greedy. He forgot to wipe his mouth after tea.

Julie loves to jump in puddles.

Tom has a runny nose and he doesn't want to blow it.

Stick red labels on the dirty areas, or colour them red.

Be Clean - It's up to You

Link each part of the body with the actions which keep them clean.
Focus on Teeth

Make the links.

Cutting tooth ➔
- 8 incisors.
- At the front of my mouth.

Pointed tooth ➔
- 4 canines.
- At the side of my mouth.

Grinding tooth ➔
- 12 molars.
- At the back of my mouth.

Finish the Sentence

1. I bite fruit with my .................
2. I chew bread with my .................
3. I tear meat with my .................

Harry has .........................teeth.  
Susan has .........................teeth.

These drawings show how to clean your teeth.

Hold the toothbrush at an angle.

Using a circular movement, brush from the gums towards the teeth.

Go round all the teeth, not forgetting the tips.

Brush top and bottom teeth separately.

Keep your teeth healthy - Brush them after every meal.
Why Change Our Clothes?

Day 1: Draw what you put in the 3 plastic bags at the beginning of the experiment.

Week 2: Draw what you see in the bags and write down what you think is happening.

Week 3: Draw what you see in the bags and write down what you think is happening.

Week 4: What's your conclusion? Tick the correct answer.

Can you wear the same T-shirt every day without washing it?    Yes      No

Why?

.........................................................................................................................
.........................................................................................................................
.........................................................................................................................
What are Lice?
Lice are tiny insects. There are male and female lice.

A female louse

The female louse lays eggs, called nits.

A male louse

Lice live on blood. This makes your head itch.

True or False?
The male louse is bigger than the female..........................  True ☐ False ☐
A louse egg is called a nit.........................................  True ☐ False ☐
Lice live on blood...................................................   True ☐ False ☐

Where do lice hide?
Draw places where lice like to hide.

How can we get rid of lice?
William's Mum did the following things to get rid of lice. Write 1, 2, 3, 4 to put them in the correct order.

..... William's Mum told the teacher so that his classmates could be warned.
..... William keeps scratching his head. His Mum realizes he has lice.
..... She washes William's clothes and sheets thoroughly
..... She washes his hair with lice treatment shampoo, carefully reading the instructions first.

True or False?
When your head itches, you should tell your parents.   True ☐ False ☐
Lice only hide in dirty hair.                         True ☐ False ☐
You should not lend your cap or scarf.        True ☐ False ☐
An ordinary shampoo kills lice.                    True ☐ False ☐
You should not be afraid of lice. They itch, but they're nothing serious. True ☐ False ☐
One wash with lice treatment shampoo is enough.   True ☐ False ☐
What is Skin?

Fill in the gaps with the correct word: covers - protects - thin - feet - bleed

1. Skin ..... the whole body.
2. Skin ..... our body.
3. Skin is ...., but is thicker on the underside of hands and feet.
4. If I scratch myself, skin is damaged and I ....

What happens when I hurt myself?

Help the Netoon to untangle the labels.

When I scratch myself, I .....
When I bang myself, I .....
When I cut myself, I .....
When a mosquito bites me, I ....

To keep healthy, don't forget to disinfect a wound.

Now write what you found

1. When I scratch myself, I ..... 
2. When I bang myself, I ..... 
3. When I cut myself, I ..... 
4. When a mosquito bites me, I ..... 

The Netoons have a secret for cleaning a scratch. Can you decipher it?

Wh5n y32 h2rt y32rs5lf, d3n't w3rry.
Bl33d w1ll f3rm 4 sc4b t3 pr3t5ct th5 w32nd fr3m g5rms.
2s5 c3tt3n w33l 4nd d1s1nf5ct4nt t3 cl54n th5 w32nd.
2s5 4 b4nd4g5, b2t n3t f3r t33 l3ng. 3th5rw1s5 th5 w32nd w1ll n3t h54l w5ll.

Secret code
I = 1, u = 2, o = 3, 1 = 4, e = 5
What a Mix-Up!
The words are all mixed up. See if you can put them in the right order:

1. was little sad Buurki The very.
2. all His were decayed teeth.
3. have Netoon little a Buurki to would The loved be.

What is the Netoon saying?
Read the 4 balloons and colour yellow the one a Netoon would say!

By getting very tired, I’ve changed my life.
By not having a good wash, I’ve changed my life.
By having a good wash, I’ve changed my life.
By feeling good, I had breakfast in bed.

Crossword
Write in the boxes each thing that you should wash or clean.
Follow the clues.
Then read the grey boxes to see what you should have!

1. It surrounds the base of my teeth.
2. I put these on to dress myself.
3. It lets me breathe.
4. When I cut myself I have one.
5. It grows on my head and I can comb it.
6. They help me hear.
7. They have fingers.
8. At the end of my fingers and hard.
9. They allow me to chew food.
10. I use it to speak.
The little Buurki was so sad. He was very unhappy with his dirty little self. Birds had built nests in his ears. His teeth were all decayed and he was sore with athlete’s foot. He had no friends, no-one wanted to be near him; especially beautiful Peach. She was so gentle, so sweet and so clean, and only wanted to play with the Netoons, who smelled of fragrant soap.

The little Buurki would have loved to be a Netoon, but he didn’t know how to. So he decided to visit the Kingdom of Wisdom and meet King Prosper. But when he got there, the guards wouldn’t let him into the castle, because he was so dirty. Forlornly he went home. But on the way, as luck would have it, he met the King, on his way back from collecting something precious from the Good Fairy’s grotto.

The King stopped, and listened to the little Buurki’s sad story. Then he smiled kindly and said solemnly that he had the solution to all these problems. He gave the little Buurki the bag he had got from the Good Fairy and showed him how to use it. In the bag was a toothbrush, some toothpaste, some soap and even some fragrance.

"Every day, wash yourself all over with the soap. Clean your teeth after every meal. Wash your hands regularly. And splash on a bit of fragrance before you go and speak to the beautiful Peach!" said the King.

And so, the little Buurki worked hard on all these things. In three days he changed into a lovely little Netoon who had lots of friends, especially beautiful Peach who thought he smelled wonderful.

Questions

Question 1 : How did the little Buurki feel at the beginning of the story?
..........................................................................................................................

Question 2 : How were his feet?
..........................................................................................................................

Question 3 : Who did he think was beautiful?
..........................................................................................................................

Question 4 : Who helped him?
..........................................................................................................................

Question 5 : Where was the King coming from?
..........................................................................................................................

Question 6 : What was in the King’s bag?
..........................................................................................................................

Question 7 : At the end of the story, what had the little Buurki become?
..........................................................................................................................

Now draw two Buurkis: the one at the beginning of the story, and the one at the end!