



PERSONAL HYGIENE LESSON “*Scrubba Bubba*” Second Grade

- The **MORE HEALTH** website is equipped with a classroom **TEACHER** section. Here you will find pre- and post-visit activities, vocabulary words, and in many cases pre-and post-visit videos.
- Visit morehealthinc.org – <https://www.morehealthinc.org/teachers/>
- Password: resources

Pre-Visit Activities

- Review the enclosed Vocabulary. Students do not need to have a working knowledge of the words, but rather a beginning familiarity.
- Read aloud: *What’s Bugging Nurse Penny?* by Catherine Stier or *The Berenstain Bears Come Clean for School* by Stan & Jan Berenstain. Allow the students a chance to identify the author’s purpose in writing. Is it for informative or persuasive reasons? Students can use this and write an informative or persuasive report of their own.
- Click the link to play the videos:
Germ Smart: How to Wash Your Hands: (5:05)
https://www.youtube.com/watch?v=3e_B5dtAAfc
Where Do Lice Come From? (4:22)
<https://www.youtube.com/watch?v=S1Dc5G7y9hg>

Suggested Post-Visit Activities

- Gather items used for healthy habits on a tray (suggested items: comb, brush, toothbrush, dental floss, nail clippers, nail file, soap, shampoo, washcloth). Discuss with the students which items can be used together and describe how they are used.
- Make personal hygiene tip reminder posters and place strategically around the classroom. Examples can include: hand-washing poster by the sink, flush poster over the toilet, a tissue use and disposal reminder near the trashcan, etc.
- Let the students participate in an experiment showing how germs grow. With clean or gloved hands, put a slice of white bread in one plastic zip lock bag. Using a hand covered with soil, insert another slice of white bread in a different zip lock bag. Label each bag and place on a shelf. Check the progress of mold growth each day. Does the slice touched with dirty hands grow mold more quickly?

©MORE HEALTH, INC.

Lesson Sponsor



Visit us on our website: www.morehealthinc.org and follow us on   



PERSONAL HYGIENE LESSON “*Scrubba Bubba*” Second Grade

Vocabulary

- **antibody** _n a chemical substance that can kill or stop the growth of germs; cannot kill viruses
- **bacteria** _n microorganisms that are shaped like a rod, sphere, or spiral; many are harmless, but some cause infection and disease
- **bath** _n a washing of the body with water and soap
- **deodorant** _n a solid, liquid, spray or gel used on the body to stop body odor
- **disease** _n a specific illness
- **germs** _n microorganisms such as bacteria and viruses that may cause illness, infection, and disease
- **healthy** _{adj} being well in body and mind, freedom from sickness
- **hygiene** _n ways to keep the body clean and healthy
- **infection** _n redness, pain, swelling, and warmth caused when germs enter the body
- **immune system** _n the body’s special defenses to fight off germs and infections
- **lice** _n small insect pests that live in the hair or on the skin of human beings and other animals and sucks their blood.
- **microorganism** _n a living cell that is so small it can only be seen under a microscope
- **microscope** _n an instrument that helps a person see something very small by making it appear large
- **plaque** _n colorless, soft, sticky film of germs that forms on the teeth with regular eating
- **viruses** _n microorganisms that are much smaller than bacteria; they cause illness and disease when they enter cells in your body

©MORE HEALTH, INC.

Lesson Sponsor



Visit us on our website: www.morehealthinc.org and follow us on





PERSONAL HYGIENE LESSON “*Scrubba Bubba*” Second Grade

Goal

- Students will know personal hygiene behaviors that influence individual well-being.

Objectives

- Students will be able to define personal hygiene and identify ways to keep neat and clean.
- Students will be able to differentiate between bacteria and viruses.
- Students will be able to describe how germs are spread and how to stop them from spreading.

Standards

The student will...

- HE.2.B.3.2 select trusted adults and professionals who can help promote health.
HE.2.B.5.2 name healthy options to health-related issues or problems.
HE.2.B.5.3 compare the consequences of not following rules/practices when making healthy and safe decisions.
- HE.2.C.1.1 identify that healthy behaviors affect personal health.
HE.2.C.1.3 describe ways a safe, healthy home environment can promote personal health.
HE.2.C.1.6 determine when it is important to seek health care.
HE.2.C.2.2 describe how friends’ health practices influence health behaviors of others.
HE.2.P.7.1 demonstrate health behaviors to maintain or improve personal health.
HE.2.CE.6.1 identify ways to make positive contributions to the wellbeing of the school and the community. (*suggested post-visit activity*)
ELA.2.V.1.1 use grade-level academic vocabulary appropriately in speaking and writing.

©MORE HEALTH, INC.

Lesson Sponsor



Visit us on our website: www.morehealthinc.org and follow us on

