**LESSON: *I Can Take Care of My Body***

**OUTLINE**

1. Introduce the topic of taking care of our bodies

Talk about the ways we take care of our bodies by eating healthy foods, exercising, getting enough sleep, and keeping clean.

1. Talk about how keeping clean helps us wash away germs that could get us sick. Therefore, keeping clean helps us to stay healthy.
2. Explain that there are 3 things to remember to keep our bodies clean:

* wash
* brush
* wear

1. Discuss the different things that need to be washed: face, body, hands and feet, hair. What items are needed to wash these body parts?
2. Discuss the different things that need to be brushed: hair, teeth, nails. What items are needed to brush these body parts?
3. Discuss the things we need to wear to be clean and healthy: clean clothes, clean socks and underwear, deodorant/antiperspirant. What items are needed to keep our clothes and bodies smelling clean and fresh?
4. Discuss how keeping our bodies clean and healthy might make others like to be around us more.
5. Lead “So what do YOU think “discussion about how to help a friend who isn’t looking or smelling clean lately. Refer back to the 3 ways to keep our bodies clean and healthy.
6. Distribute magnet cards

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Activity Sheets (Shower Sequence; Hair Washing Worksheet]
* Watson “Social Power” magnet card
* Homework Sheets – Hygiene Chart (older or younger version)
* Computer and Projector
* Mini schedule for students