

Educator Workbook

CAPS-aligned

Life Skills

Grade R-7

Growing tomorrow's
leaders through
learning about
hand hygiene



Section A

Introduction

Foreword

Background and Context

Acronyms

Section B

1. Foundation Phase

1.1 Grade R

1.2 Grade 1

1.3 Grade 2

1.4 Grade 3

2. Intermediate Phase

2.1 Grade 4

2.2 Grade 5

2.3 Grade 6

3. Senior Phase

3.1 Grade 7

Section C

Resource Section



Section A

Introduction

Foreword

As a teacher, you will know that some illnesses can be prevented by washing our hands regularly. Of the range of hygiene behaviours considered important for health, handwashing with soap is a top priority in all settings. Diarrhoea is a leading killer of children, accounting for approximately 8 percent of all deaths among children under age 5 worldwide in 2016. This translates to over 1,200 young children dying each day, or about 450,000 children a year, despite the availability of simple effective treatment. One of the best ways to stop the spread of germs is through good hygiene. It is imperative, therefore, that you, the teacher, play an active role in ensuring that learners are aware of the many ways in which they can protect themselves from ill health.

For over 80 years, Dettol has been protecting the health of families. They work in communities across the globe with partners to deliver hygiene education to keep families healthy. Dettol visits schools every year to teach learners the importance of correct hygiene practices and habits to keep healthy.

Dettol has created this user-friendly, fun and factual Educators' Workbook to help teach important health messages to learners relating to hygiene. By completing the activities together with your learners, you will teach them lessons that they will remember for life. The activities, which are aligned to the CAPS curriculum, cover the Life Skills/Life Orientation curriculum standards and have been designed to ensure that learners have fun while learning.

You can assist your learners by:

- Ensuring that they wash their hands before they eat, after playing in the playground, visiting the toilet, after coughing or sneezing or touching pets
- Showing them that it is not enough just to wash their hands with water only
- Placing reminders up in your classroom of the Dettol 6-steps of handwashing
- Teaching them that, although germs cannot be seen with the naked eye, they are all around us and can make us sick
- Demonstrating that washing their hands is one of the best ways to stop germs from spreading

Dettol, be 100% sure.

Here is a quick overview of the CAPS-aligned content that you will find in this educational pack:

Grade R

Life Skills – Good basic hygiene practices

Grade 1

Life Skills – Healthy habits

Grade 2

Life Skills – Healthy living

Grade 3

Life Skills – Health protection: Basic health and hygiene

Grade 4

Life Skills – Health and environmental responsibility

Grade 5

Life Skills – Health and environmental responsibility

Grade 6

Life Skills – Health and environmental responsibility

Grade 7

Life Orientation – Health, social and environmental responsibility: Common diseases



Background and Context

Pick n Pay School Club is celebrating its 15th year of providing much-needed educational material, which now reaches 105,875 teachers and 2.26 million learners across South Africa. The Dettol learning programme is aligned to the CAPS curriculum, which adheres to the standards set by the Department of Education.

The material is designed to facilitate the learning process and culminates in the assessment of competency levels according to the standards set for each specific grade. The educator is supported by way of research and learning content that is presented clearly and is easy to implement in the classroom.

Acronyms:

CAPS: Curriculum and Assessment Policy Statement

GET: General Education and Training



Section B

Foundation Phase

Grade 2

Educator Guide

Name of Learner Activities Learner Activity 1: Personal hygiene Learner Activity 2: Washing hands puzzle		Time: 2 Hours
Grade 2		Subject Life Skills Term 1
Curriculum Standards (CAPS): Life Skills Term 1 <ul style="list-style-type: none"> Healthy Living 		
Objectives		
The learners will be able to: <ul style="list-style-type: none"> Understand the importance of personal hygiene; use problem solving skills to make healthy choices Understand that washing hands removes dirt and germs that causes diseases; understand the importance of keeping hands clean; take responsibility for keeping hands clean 		
Content	Skills	Values
Learner Activity 1: Personal hygiene Learners tick the do's and don'ts hygiene rules.	Learner Activity 1: Personal hygiene Learns benefits and consequences of personal hygiene; problem solving; decision making; self-awareness.	Learner Activity 1: Personal hygiene Understands the value of why personal hygiene needs to be practiced.
Learner Activity 2: Washing hands puzzle Learners colour-in the activity and put the puzzle together in the correct order.	Learner Activity 2: Washing hands puzzle Learners wash hands properly; critical thinking; decision making.	Learner Activity 2: Washing hands puzzle Understands that keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others and knows the important times to wash their hands.
Resources needed		
Learner Activity 1: Personal hygiene Access to the Internet to play the video: goo.gl/W4qpRL ; A4 paper for each learner; sample sizes Dettol soap, shampoo, toothpaste, floss, deodorant, hairbrush etc. (learners can bring to class). It's important that there are enough different items for groups to talk about; printed copies of the Learner Activity worksheet.		
Learner Activity 2: Washing hands puzzle Access to the Internet to play the videos: goo.gl/pUVjBs and 'Catch it in a tissue song': goo.gl/NgULy7 ; the Dettol 6-steps of handwashing poster and numbering sequence laminated to place on the board; oil; cinnamon; Dettol soap; paper towels; plastic bowl; water; printed copies of the Learner Activity worksheet.		
Teacher preparation before starting		
Study the lesson plans prior to the lessons and ensure you have all the resources required for the lessons. Familiarise yourself with content for the two lessons before the lesson starts. Watch the YouTube videos mentioned in the 'Resources needed' section of this Educator Guide and decide which of them to incorporate into your lesson. Print sufficient Learner Activity worksheets.		



Section B

Foundation Phase

Grade 2

Teaching the Learner Activities

Learner Activity 1: Personal hygiene

Personal hygiene requires the cleaning of all parts of the body (face, hair, body, legs and hands). Practicing personal hygiene should be carried out as daily, weekly and monthly activities. In addition to one's personal hygiene and cleanliness, classrooms and school surroundings should also be clean.

Introduce the lesson

- Introduce the lesson by asking the class what they think are good healthy habits.
- Play the video to the class: goo.gl/W4qprL
- Start the discussion with questions such as "What healthy habits can they think about that were not shown in the video? (Bathing, washing hands, brushing teeth etc.)"
- Ask "what do you do when you wake up in the morning before you have breakfast and before you come to school?", "How do you take care of your body?", "What are the things that needed to be cleaned?"
- Hand out the A4 paper to the learners and ask them to write down the name of their favourite hero, or sports player, actor etc.
- Read out some of the name choices and tell the learners what they recognise about each one. (Each one has personal pride (grooming) in common). Explain that each one of them look good because they have put in the effort.
- Discuss personal hygiene. List some examples on the board: Keeping clean – showering/bathing/handwashing; brushing and flossing teeth; clean cloths etc.
- Write these questions on the board and ask learners to answer (as a group) either Healthy or Unhealthy
 - Eat lots of fruits and vegetables. Answer: Healthy
 - Get 8-9 hours of sleep a night. Answer: Healthy
 - Only brush your teeth once a week. Answer: Unhealthy
 - Wash your body well. Answer: Healthy
 - Exercise every day. Answer: Healthy
 - Use only water when washing your hands. Answer: Unhealthy

Activity

- Divide learners into groups of five. Hand out the sample items (toothpaste, floss, toothbrush etc). Explain that each group should choose one sample and discuss how it can help make them feel good, stay healthy and not make other people sick. Give groups five minutes to discuss. Have each group share what their object is and how it helps to feel good, stay healthy and not make other people sick. (Each group should talk about a different item).
- Tell learners that now that they have all the knowledge to practice good personal hygiene and be happy and healthy, they can select one health behaviour that they will work on to improve their health for the following week and then report back to the class at the end of the week.

Complete the Learner Activity

Learners can then complete the Learner Activity worksheet.

Learner Activity 2: Washing hands puzzle

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases are spread by not washing hands with soap, like Dettol, and clean, running water.

Introduce the lesson

- Introduce the lesson by asking the learners why it is important to wash hands. Then play the video: goo.gl/pUVjBs



Section B Foundation Phase Grade 2

Educator Guide

- b) Write "germs" on the board, use the word as a cluster to gather prior information from learners. Ask the learners why it is important to wash away germs. Explain that germs cannot be seen with the human eye because they are so tiny.
- c) They could be on our hands. Putting unclean hands into our mouths allow germs to get into our bodies which may make us sick. Have learners create a collage using pictures of items needed to keep our bodies clean.
- d) Ask learners where germs hide? Everywhere – bathrooms, kitchens, bedrooms and even playgrounds.
- e) Ask learners what they should do to get rid of germs. Answer: Washing hands.
- f) Explain the Dettol 6-steps of handwashing and tell learners it is important to wash their hands with soap, like Dettol, and not only water.

Experiment:

- a) Tell learners that they will do an experiment to show why it is important to wash hands correctly. Choose two learner volunteers.
- b) Ask them to put their hands together and then pour a little oil into their hands.
- c) Add the cinnamon powder and ask them to rub their hands together.
- d) Tell them that their hands now represent dirty hands.
- e) Ask one learner to wash their hands using water only. What happens? Answer: The oil is not removed completely from the hands.
- f) Now ask the other learner to use Dettol soap and wash the hands. What happens? Answer: All the oil is removed.
- g) Ask learners if they wash their hands with water only or water and soap. Why? Answer: Because washing hands with water only does not make them clean.
- h) Play the "Catch it in a tissue song": goo.gl/NgULy7
- i) Explain the Dettol 6-steps of handwashing. Revise the importance of cleaning properly. Write the sequence on the board and then place the poster on the board for the class to see. Learners will need to refer to the sequence to complete their activity.

Correct numbering sequence:

1. Rub your palms together.
2. Rub your fingers and palms and the space in between them.
3. Rub your fingers and thumbs.
4. Rub your nails and palms.
5. Rub your thumbs in your palms.
6. Rub your fingers in your palms.

Complete the Learner Activity

Learners can then complete the Learner Activity worksheet.

Assessment

Refer to the Resource Section for the Assessment Rubric.

Teacher reflection

Is there anything you would do differently if you taught this unit again?



Section B

Foundation Phase

Grade 2

Personal hygiene

Name:..... Date:.....



Good **personal hygiene** is important to keep healthy. Keeping your body clean and taking care with your personal hygiene routine helps to keep you healthy. Keep these tips in mind:

- Brush and floss your teeth daily
- Keep your nails clean
- Wash your feet regularly
- Wash your hair with soap or shampoo at least once a week
- Wash your hands with soap after going to the toilet
- Wash your hands with soap before preparing and/or eating food
- Cough and sneeze into your elbow

1. Tick the Do's in a Green crayon and the Don'ts in a RED crayon, then colour-in the pictures.

- ☐ Sneeze into your elbow
- ☐ Share your toothbrush
- ☐ Clean your body every day
- ☐ Wash hands after going to the toilet
- ☐ Never wash your hair
- ☐ Let your pet lick your face
- ☐ Brush teeth daily
- ☐ Wash food before eating



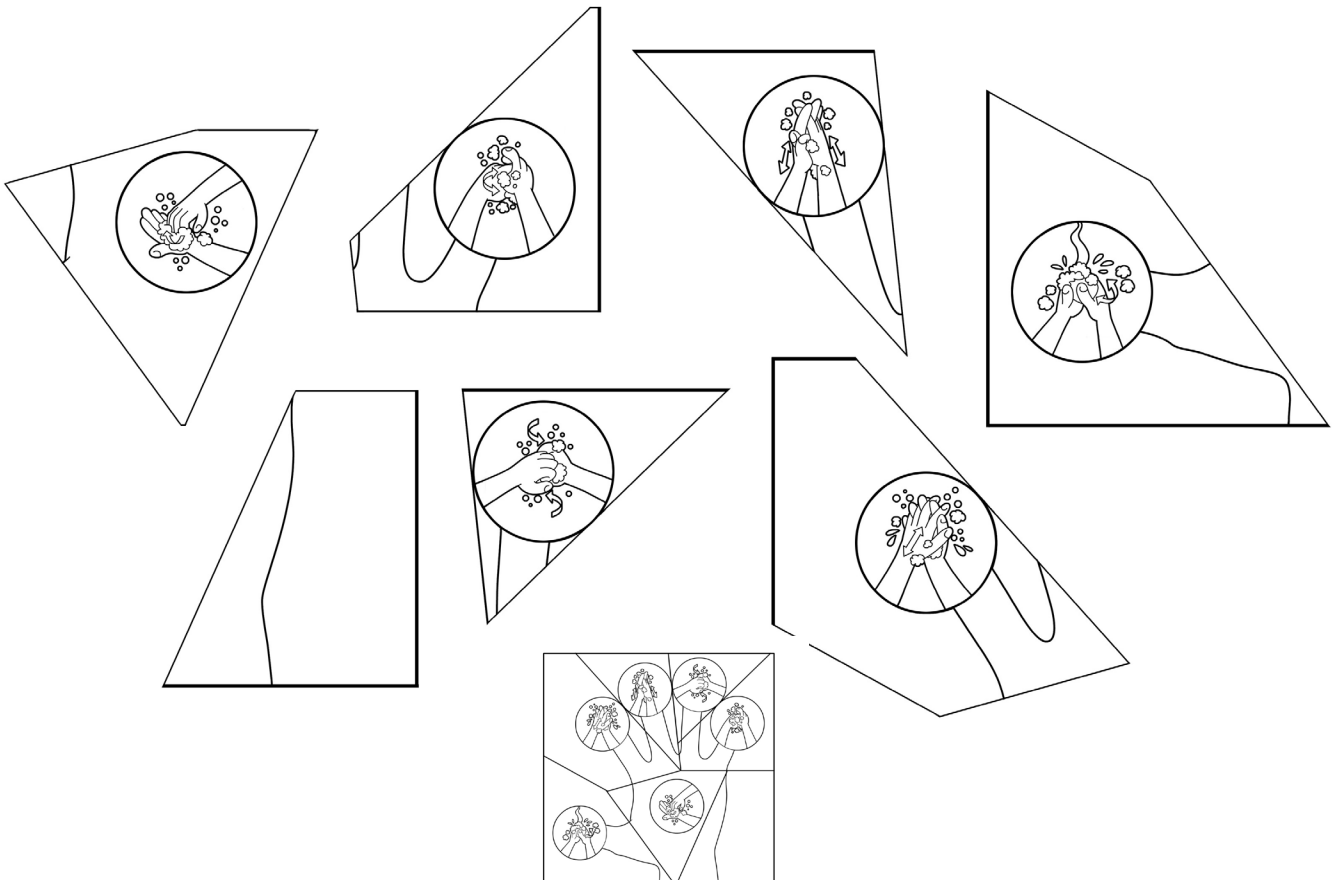
Washing hands puzzle

Name:..... Date:.....



Germes are found everywhere! Germes are tiny living organisms that make us sick. Keeping our hands clean is one of the most important steps we can take to avoid getting sick and spreading germes to other people.

1. Look at the Dettol 6-steps of handwashing puzzle below which has been muddled.
2. Colour-in the pictures and then cut them out and put the puzzle back together in the correct handwashing sequence.



Assessment Rubric:

Assessment	
Rating code	Description of competence
7	Outstanding achievement
6	Meritorious achievement
5	Substantial achievement
4	Adequate achievement
3	Moderate achievement
2	Elementary achievement
1	Not achieved



Notes

Notes

Handwriting practice lines consisting of 30 horizontal rows. Each row is composed of three lines: a solid top line, a dashed middle line, and a solid bottom line.



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