

HEALTH AND HYGIENE

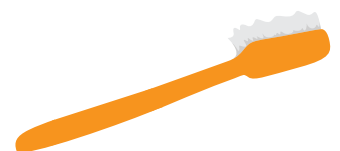
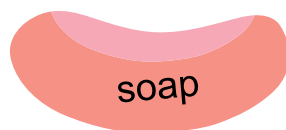
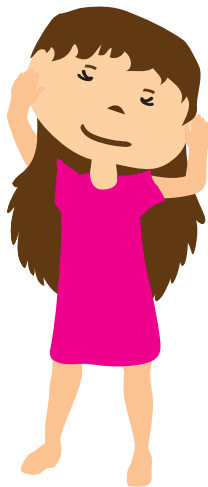
Activity booklet

Ages: 4 to 6 years

ACTIVITY 1 Keeping ourselves Clean

What is missing?

Draw a line from the child to the item that they would use for each activity.



ACTIVITY 2

Washing your Hands

Look at each activity below. Draw a hand before the picture if you think that you should wash your hands before that activity. Or draw a hand after the picture if you think that you should wash your hands after the activity.



ACTIVITY 3 & 4

Stop the Spread of Colds



THIS IS ANNA. She has a cold. Colds can pass easily from friend to friend. Help Anna keep her friends from getting sick. Circle the things that Ana should do to keep her friends from catching her cold.



Wash hands
often



Cough or sneeze
into elbow



Cough without
covering



See a
doctor



Stay at home
and rest



Go to the park
and have fun!

What can you do to keep yourself safe from the cold?
Draw a line from the sentence to the correct picture.



Wash your hands
with soap and
water often

Do not put your hands or things in your mouth

Do not put your hands in your nose or eyes

Do not share
your straws,
spoons or forks

Activity 5 Healthy Habits

Help Jacob make healthy choices to find his way through the maze.

