



HEALTH & HYGIENE

SMALL STEPS, BIG IMPACTS

A Journey to becoming a Hygiene Hero!



Clean Habits, Healthy Kids

Healthy Kids, Bright Futures

What is Health?

According to the WHO, Health is a state of complete:



Physical

A body that is strong and energetic for playing!



Mental

Feeling happy, focused, and calm in your mind.



Social

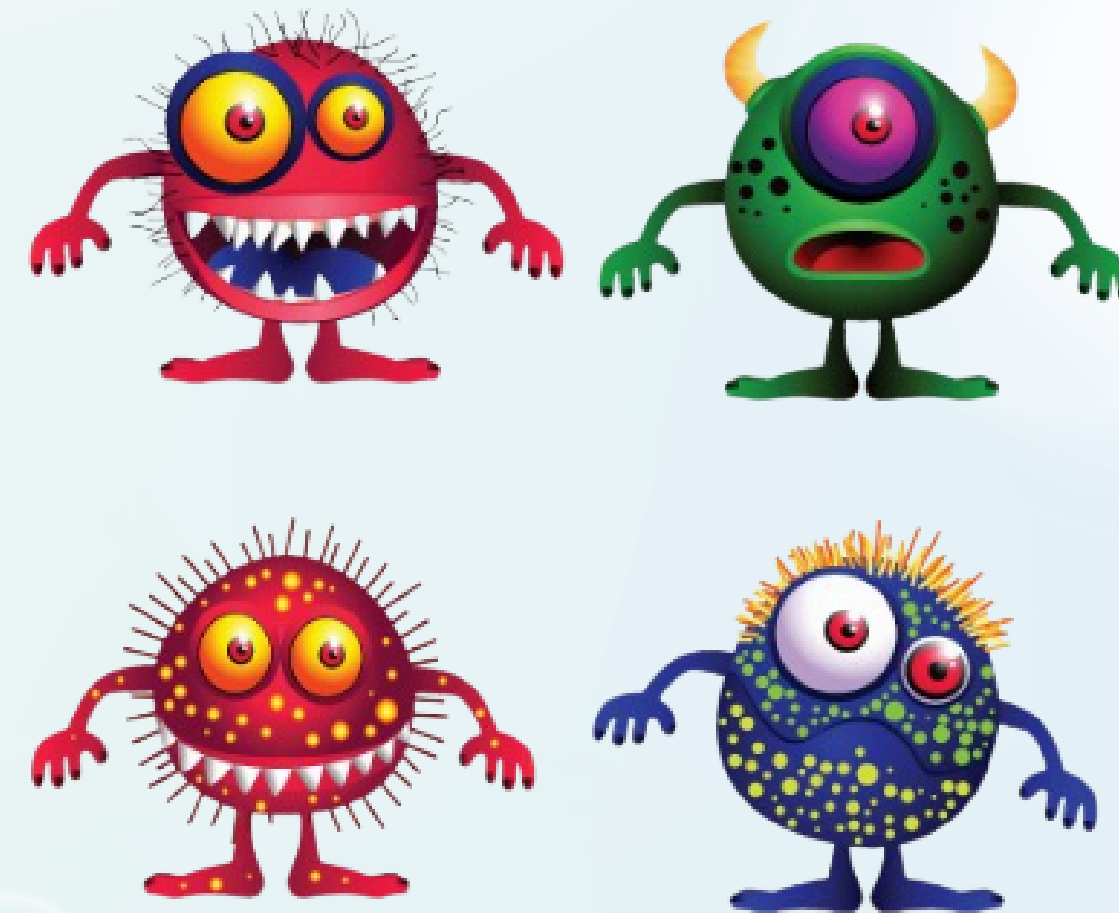
Building great friendships and helping others.

Defining Hygiene

What is Hygiene?

Hygiene means the **practices and habits** that help you stay clean and prevent disease.

It is your personal shield against tiny invaders called germs. By keeping your body clean you keep your surroundings healthy too!



What are Germs?



Tiny Invaders

Germs are so small you can't see them with your eyes! They love to hide on toys, door handles, and even our hands.







The Trouble Makers

Some germs can make us sneeze, cough, or feel sick. But don't worry—you are a Hygiene Hero with secret weapons!

Handwashing Mission



The 20-Second Rule

-  Wet your hands with clean water.
-  Use soap and make lots of bubbles.
-  Scrub for 20 seconds (Sing Happy Birthday!).
-  Rinse and dry with a clean towel.

Dental Defense Squad



Defeat the Sugar Bugs!

Brush your teeth twice a day (Morning and Night) for 2 full minutes. Brushing keeps your smile bright and prevents cavities from those sneaky sugar bugs hiding in your teeth!

Defeat the Sugar Bugs!



Sparkling Smiles

Sugar bugs love to hide in between your teeth. Brush twice a day—once in the morning and once before bed—to keep your smile bright and your teeth strong!

Mission: Brush for 2 whole minutes!

The Sneeze Defense

// Achoo! Catch your germs in your elbow shield to keep your friends safe and healthy! //

— The Sneeze Defense

Cough & Sneeze Etiquette

Use Your Elbow Shield!

When you cough or sneeze, germs can travel fast! Stop them by:

- Sneeze into your inner elbow (The “Dab” pose).
- Use a tissue and bin it immediately.
- Wash your hands right after.



Health vs Hygiene

Feature	Health	Hygiene
What is it?	A state of being well (Body & Mind).	The actions/habits to stay clean.
Goal	Long-term happiness and strength.	Preventing germs and disease.
Example	Eating fruit, sleeping, feeling happy.	Washing hands, brushing, bathing.

Keep Your World Sparkly



Tidy Toys

Cleaning toys prevents germs from living on them.



School Spirit

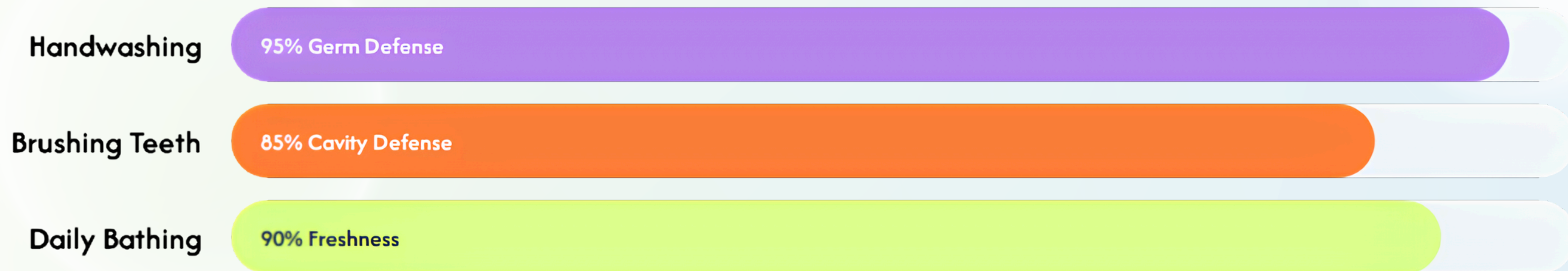
Keep your desk and classroom neat for everyone.



Healthy Eating

Clean food and water keep your tummy happy!

Hygiene Hero Habits



Consistency is the key to your Superpowers!

Toilet Etiquettes

BATHROOM EXPECTATIONS

	GO
	FLUSH
	WASH
	LEAVE

Be **RESPECTFUL, RESPONSIBLE** and **SAFE!**

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Questions?

I am a Hygiene superkid!



Stay Healthy, Stay Happy!

The Super Hygiene Squad!

Join the mission to stay healthy, happy, and super strong!

Power Up with a Bath!

Bathing daily is like giving your body a refreshing recharge. It washes away the day's grime and keeps you smelling fresh!

Use your favourite soap and do not forget to wash behind your ears!



The Finishing Touches



Neat Nails

Keep your nails short so germs have nowhere to hide!



Clean Clothes

Change into fresh clothes every day to stay super clean.



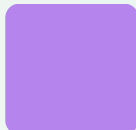



Cool Hair

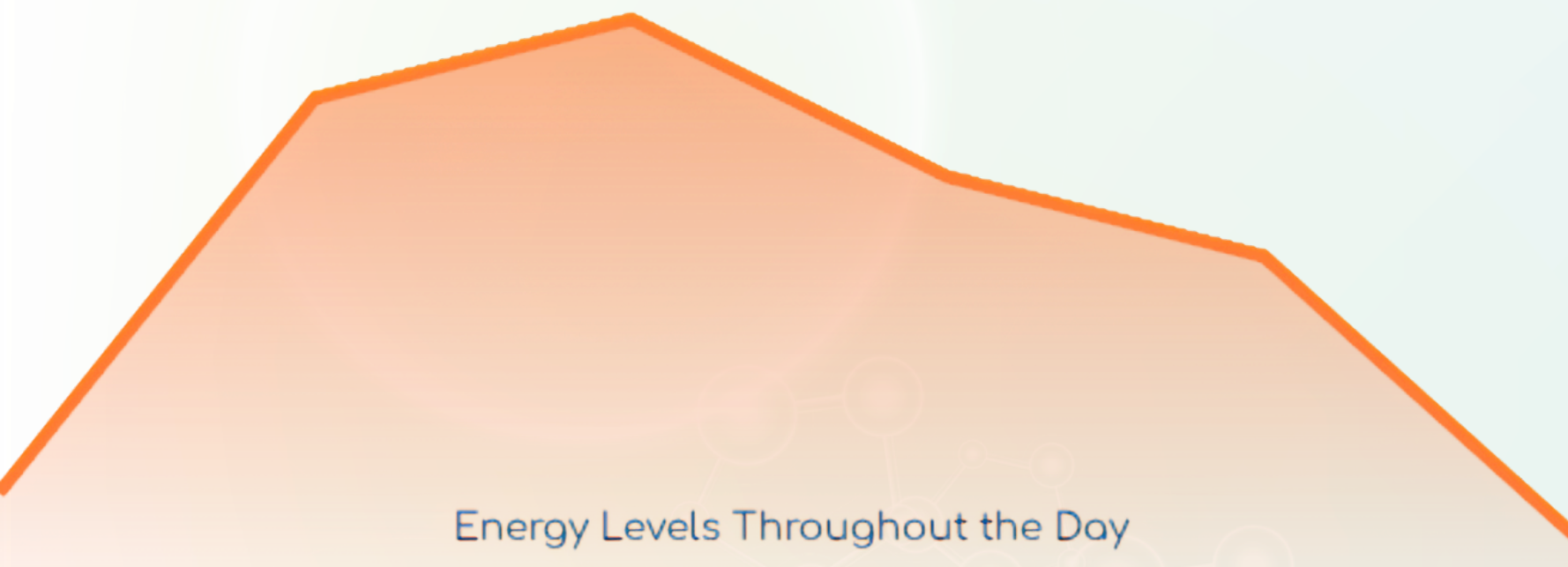
Comb your hair daily to look like a true superhero!

Fueling Your Superpowers



-  Fruits & Veggies (40%)
-  Healthy Grains (25%)
-  Power Protein (20%)
-  Hydrating Water (15%)

Recharging Your Battery



Sleep = Power

Your body needs 10 to 12 hours of sleep to recharge its energy battery. When you sleep well, you have more power for running, playing, and learning!

Health vs Hygiene

Habit	Morning Mission	Evening Mission
Brush Teeth	After Breakfast	Before Bedtime
Wash Hands	Before Lunch	After Playtime
Personal Care	Comb Hair	Warm Bath

Any Questions, Superkids?

Stay clean, stay strong, and keep being awesome!

Thank You

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