

# 4C3

4 = Helping Hand

C = My Self

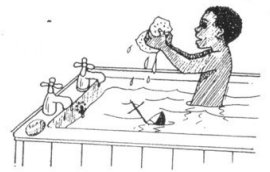
3 = I can care for my Body  
(Hygiene Adventurer Award)

There are two pages, one a general information sheet, and the other a health chart to record health habits.

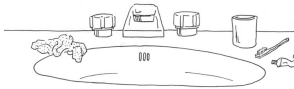


# Hygiene Award

Write what you learn about being clean in  
Psalm 119:11, Proverbs 25:11 and Psalm 19:14.



Circle the times when you MUST wash your hands.



After playing

Before cooking

Before eating

After going to the toilet

Before going to school

After eating



*DID YOU KNOW???*

*You should wet your hands first, put soap on,  
then rub your hands together for as long as it takes you  
to sing "Happy Birthday" two times before rinsing.*



Match the item with the correct time  
(one item has two times)



Replace toothbrush

At least twice a day

Brush teeth

Once a day

Floss

3 months

3 minutes



Circle the number of glasses of water you should drink each day





# My Hygiene Record Sheet



ACTIVITIES

SUN

MON

TUE

WED

THUR

SAT



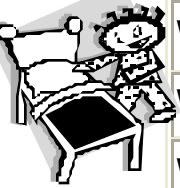
Teeth Cleaned (am)

Teeth cleaned (pm)

Bath / Shower

Hair Washed

Glasses of water ////



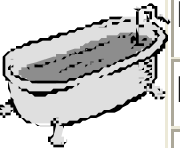
Washed hands before breakfast

Washed hands before noon meal

Washed hands before evening meal

Set table / did dishes

Emptied rubbish bins



Helped with laundry

Made my bed

Tidied my room

