

We talked about NUTRITION - eating good food, and FITNESS - staying strong. This month, HEALTH is all about keeping ourselves safe from germs and things that can make us sick. HYGIENE means keeping ourselves clean.

Every day, there are some important things we can do to keep ourselves clean and healthy. For each part of the day listed below, put an **X** in the boxes for each day, every time you do the things listed (example: each day you get up and have a good breakfast, then brush your teeth, you'd put an **X** in the box under "eat good food" and "brush my teeth". If you do it again the next day, put another **X** in those boxes)

Part of the day	Eat good food	Brush my teeth	Wash my hands	Take a bath
When I got up this morning...				
At lunch today...				
At dinnertime...				
Were there other times when you showed good HYGIENE to help yourself stay healthy...?				

Now, for each story below, put an **X** in the boxes that go with what you would do in that situation

Story	Wash my hands	Cover my mouth	Drink lots of water	Get rest	Let me borrow \$10
I just got done practicing my karate outside					
AH...AH...AH...CHOO!! I don't feel so good...					
I accidentally dropped \$10 in the garbage!! Oh, no! It's okay, though! I got it back!!					

