

Awesome Kidz 3 Unit 2 Lesson 20



Aim: Introduce personal hygiene items and their importance using hands-on and sensory activities to enhance understanding and foster independence.

Time: 45-60 minutes

Materials:

- Flashcards with images and names of the items (toothbrush, toothpaste, soap, sponge)
- Real-life hygiene items (toothbrush, toothpaste, soap, sponge) for tactile exploration
- A bowl of water and a small towel
- Colouring materials (crayons or coloured pencils)
- A mirror for demonstrating hygiene routines
- AK Audio track

Tip: Use engaging gestures or mimic actions like brushing teeth or washing hands to make the lesson more interactive and memorable.

Incorporate a short hygiene song, such as “This is the way we brush our teeth, wash our hands,” to reinforce the routine in a fun and memorable way.

Engage:

Circle Time Introduction

Show the flashcards one by one, naming the items. Hold up the real objects to pair them with the flashcards. Ask, “What do we use to brush our teeth? What do we use to clean our hands?”

Ask children to share if they use any of these items at home. Allow them to pass around the real objects to touch and observe.

Explore & Practice:

With the Book

Explain to students they will listen to the audio and colour the items as instructed. Guide the children to colour the hygiene items on the book page. While coloring, discuss how and when we use each item.

Practical Life Activity

Set up a small station with a bowl of water, soap, and a sponge. Demonstrate how to use the sponge to clean a surface or hands. Let the children take turns.

Role-Playing

Use the mirror to demonstrate brushing teeth with a toothbrush and toothpaste. Allow children to mimic the brushing motion while looking in the mirror. Discuss the importance of these routines.

Closing:

Matching Game

Lay out the flashcards and real objects. Ask the children to match the items with the corresponding flashcards.

Reflection Circle

Ask questions like, "Which item was your favorite? Why is it important to use soap or a toothbrush?"