

Awesome Kidz 2

Unit 2 Lesson 8



Aim: Students will identify, colour, and name common hygiene items (e.g., shampoo, towel, toothpaste), building vocabulary related to self-care while developing reading readiness, fine motor skills, and personal responsibility through hands-on, meaningful activities.

Time: 45-60 minutes

Materials:

- Real hygiene items (or toys): shampoo, towel, toothpaste, toothbrush, sponge, comb
- Crayons or colored pencils
- Small mirrors
- Song or video about daily routines *"This is the Way.."*

https://www.youtube.com/watch?v=4XLQpRI_wQQ

Tip: Students can bring real objects from home to do the activities in this lesson.

Engage:

What's in My Bathroom?

Show the hygiene items one by one. Ask, "What is this?" "What do we do with it?" "What colour is your (towel) at home?" "Do you use a toothbrush?"

Explore & Practice:

With the Book

Use the toy or real objects of hygiene items. Students match them to the corresponding images in the book.

Encourage repetition: "This is shampoo. Shampoo is for my hair."

Children color each item while repeating the word. Help them read the words aloud with support and phonics clues.

Hygiene Role Play Station

Create a dramatic play area with a pretend sink, mirror, soap, towel, and hygiene tools. Let children engage in role-play: brushing teeth, washing face, and combing hair. Label each station and ask children to name what they are using.

Use the "This is the way..." recommended song.

Closing:

End the lesson singing the "This is the way" song one more time.

