

KS3 Lifeskills Learning Organiser

Autumn

Personal Hygiene

Learning about personal hygiene teaches us about the importance of regular handwashing, brushing teeth, bathing, using deodorant, wearing clean clothes, and maintaining overall cleanliness to stay healthy and prevent the spread of germs.

Topic Word Bank

Personal Hygiene	Keeping body clean and healthy
Germs	tiny organisms, or living things, that can cause disease
Oral Hygiene	Brushing teeth, visiting dentist regularly
Wash	Warm water and soap remove dirt and bacteria
Puberty	<i>when a child's body begins to develop and change as they become an adult</i>

Handwashing

Wash hands regularly with soap and water, especially before eating and after using the toilet.

Using Deodorant

As you grow, your body may sweat more, so it's important to start using deodorant to prevent body odour.

Nail Care

Keep nails trimmed and clean to avoid dirt and germs collecting under them.

Brushing Teeth

Brush teeth twice a day, morning and night, to prevent cavities and maintain oral hygiene.



Hair Care

Wash your hair regularly to keep it clean and healthy, and brush it daily to prevent tangles.

Showering/Bathing

Bathe or shower regularly to keep your body clean and remove dirt and sweat.

Sneezing/Coughing

Always cover your mouth with a tissue or your elbow when sneezing or coughing to prevent spreading germs.

Wearing Clean Clothes

Change into clean clothes every day to prevent bacteria build-up and stay fresh.

Healthy Eating & Hydration

Eating a balanced diet and staying hydrated helps your overall hygiene and keeps your skin and body healthy.

Foot Hygiene

Wash feet daily and wear clean socks to prevent foot odour and infections.

