

# SKIN HEALTH

**Subtopic:** Daily Habits: Face Washing & Showering **Age Group:** 8-10 **Time:** 30 min

## OBJECTIVE: SWBAT

- Identify importance of showering and face washing
- Recognize frequency with which they should be showering and face washing

## MATERIALS

- *My Habits* worksheet
- Pencils
- Coloring utensils (markers/crayons/colored pencils)

## ASSESSMENT

- During Introduction to New Material, Facilitator will assess how students answer questions and if they are able to correctly answer the review questions.
- During the Independent Practice, Facilitator will walk around and evaluate students' work.

## OPENING

**3 min**

1. Facilitator scratches head and says, "I haven't showered in TWO WEEKS! Fourteen days! I even played soccer every day and didn't shower! What do you think?"
  - a. If students are unresponsive, Facilitator can ask more pointed questions such as, "Do you think I smell good? Should I have showered?"
2. Facilitator says, "Because I haven't showered in two weeks, my head itches, my hair is oily, my skin is oily, and I stink! I just don't know how many times I'm supposed to wash my face or bathe."
3. Facilitator then tells the truth, "Actually I showered (this morning/last night/today). So don't worry!"
4. Facilitator explains that today they will be focusing on daily habits, more specifically showering and face washing.

## INTRODUCTION TO NEW MATERIAL

**10-15 min; Materials: None.**

1. Facilitator asks how many times students think they should shower by a raise of hands.
  - a. Raise your hands if you think you should shower every day.
  - b. Raise your hands if you think you should shower every other day.
  - c. Raise your hands if you think you should shower twice a week.
2. Facilitator says they are all correct. S/he explains:
  - a. Depending on what your parents think and other factors, such as if you have dry or oily skin, or if you play sports or exercise, the number of times you shower will vary.
  - b. When you become a teenager, you will probably shower almost every day.
3. Facilitator explains what happens when you don't wash up: Sweat, oil, and dead skin cells can mix with germs and get into your body through cuts and scrapes. That can make you sick.
4. You should always bathe after you are sweating or have been in a pool.
5. Facilitator explains shower technique:
  - a. When you shower should you use really hot water? (No.) Really cold water? (No.)
    - i. Facilitator explains that you should use warm water.

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- b. When standing in the shower, it's important not to get shampoo in your eyes—it can sting and hurt your eyes. So make sure you stand with you back towards the water, tilt your head back, and let the water run down your back away from your face. Like this. (Facilitator demonstrates positioning).
  6. Facilitator explains it's also important to wash your face, especially as you get older. This is important because a lot of oil and dirt can clog up your skin. This can cause pimples and other skin problems. You can use a gentle soap or face wash. You should wash your face in the morning and at night with warm water.
  7. Facilitator then asks the students: "What have you touched today?"
    - a. If students are unresponsive, s/he can ask pointed questions such as, "Raise your hand if you petted your dog? Who ate a bologna sandwich? Who played outside? Who used the restroom?"
    - b. Then Facilitator says, "Because we do all these things, it is important that we wash our hands—especially before and after eating as well as after using the restroom."
    - c. When you wash your hands, you should use soap and water and rub for 20 seconds. If counting to 20 is boring, you can sing "Happy Birthday" at a steady pace and add "any many mooore" to the end, and that is about 20 seconds long!
  8. Facilitator asks, "So far, what have we learned?"
    - a. When should we shower?
    - b. What happens when we don't shower?
    - c. How do we wash our faces? How many times?
    - d. How long should we wash our hands for? What song can we sing to time ourselves?
  9. And remember, after you finish washing up, you should put on lotion, unless you have sensitive or oily skin—but they make lotions for all types of skin. It is important to put lotion with SPF, or sunscreen in it, on every morning after you wash your face to help protect your skin.
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## GUIDED PRACTICE

None.

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## DEPENDENT PRACTICE

**10 min; Materials: My Habits worksheet, pencils, coloring utensils**

1. Now we are going to make a schedule of your daily habits.
2. Facilitator hands out *My Habits* worksheet.
3. Facilitator explains:
  - a. Each day of the week is split into morning, afternoon, and night. When do you shower? You can go ahead and write it down.
  - b. If you exercise during the week because you play soccer, dance, or play outside with friends, make sure to write that down too. You will know then that after that activity, you will have to shower because we don't want the sweat to mix with the dirt and germs for a long time!
  - c. You can also write down when you should wash your face. Do you remember when we should wash our faces? Usually in the morning and at night!
  - d. You can also put, if you want, brushing your teeth and other things you do to keep yourself clean and healthy.
  - e. You can use crayons (or markers or colored pencils) to color in and decorate your calendar.
4. Facilitator helps students by saying during the activity, "Remember to add your exercise activities." "When do you normally shower? Go ahead and write that in! You can even put it in a special color."
5. Facilitator walks around during activity to see how students are doing, and if they understand the activity.

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## CLOSING

1. Facilitator should provide positive reinforcement like, “Looks like you all will be washing experts with the use of your beautiful calendars!”
2. Facilitator says that the lesson is ending, but they can keep working on their calendars at home. When they finish, they can post it on their fridge or next to their bed to help remind them of their wash schedule.