

# Washing My Skin

## *Activity*

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

1.1, 1.3, 4.2

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- demonstrate an understanding of the effects of healthy, active living on the mind and the body
- demonstrate spatial awareness by doing activities that require the use of small muscles
- discuss appropriate personal hygiene.

## Equipment

- Doll
- Pictures of objects or objects used to clean the body
- [Early Learning Anecdotal Recording Chart](#)

# Safety

n/a

## Assessment Opportunity

EL-K Team observation of children's demonstrated knowledge of the effects of healthy, active living on the body and appropriate personal hygiene and application of spatial awareness can be recorded on the Anecdotal Recording Chart.

## Body Cleanliness

- Discuss the need for body cleanliness including bathing and washing daily, washing hands before eating, washing hands after using the toilet. Discuss how children may clean their bodies:
  - shower/bathe
  - wash hair
  - clean fingernails
  - brush teeth
  - change outer and under clothes and socks
  - wash hands
- Ask children: "What are some things you need to keep your body clean?" Bring a sample of the following or have children cut pictures out of a magazine: soap, shampoo, toothbrush/toothpaste, comb, brush. Children explain to a friend how the picture or object is to be used and why.
- Have children get a doll "ready for school" (e.g., wash it, brush hair, etc.).

## Notes to EL-K Team

Gather magazines or images appropriate to each topic.

## Connection Questions to Expand and Enhance Play

- Why is it important to wash your hands before you eat?
- How do we help to keep our classmates healthy?
- What jobs do people in our school and community have to help keep us healthy?