

## Year 2 Personal Care

### National Curriculum objectives

Pupils learn about what keeping healthy means and different ways to keep healthy.  
Pupils learn about simple hygiene routines that can stop germs from spreading

### Key Learning

- To discuss facts about washing hygiene and how this affects and reflects our mental wellbeing

### Key Vocabulary

**Bacteria:** Single-celled, simple living things.  
**Body odour:** The smell of an unwashed body.  
**Confidence:** Feeling sure of ourselves.  
**Germs:** Another name for bacteria.  
**Hygiene:** Keeping clean to prevent germs from growing.  
**Self-esteem:** Feeling good about yourself.

### Equipment and Resources

- Antibacterial hand lotion
  - Antibacterial wipes
  - A cloth
  - Surface cleaner
  - Soap
  - Access to a sink
  - Flour
  - [Hand Washing Steps](#) - To display on the board or print for display.
  - A sheet of poster paper or backing paper
- Required Downloads (see lesson plan for links)
- Washing images cards and descriptions

### Key Questions

How could we get germs from other people by touching things?

Why should you wash your hands before you eat?

How long should we spend washing our hands?

Do you know how to wash your hands properly?

### Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction