



Develop an understanding about health and safety

Summary	
Subject/Discipline	Environmental
Weekly theme	My body/ Health: personal hygiene and personal safety practices
Age group	5-6 years old
Main topic	I take care of myself
Key concepts	<ul style="list-style-type: none">• Develop personal care and hygiene skills• Develop the ability to explore and investigate human nature• Develop a basic understanding of health and safety, and have a sense of self-protection

Learning Objectives	
<ul style="list-style-type: none">• Personal Care• Hygiene basis	<ul style="list-style-type: none">• Health and safety• Human nature

Equipment/material needed	
<ul style="list-style-type: none">• Laptop or desktop computer with mouse. Tablet o Mobile Phone• Internet connection	<ul style="list-style-type: none">• Wordwall• Canva

Lesson Outline		
Phase of the lesson	Duration	Description
	10 m	Watch this video or similar: https://www.youtube.com/watch?v=_ify35SJcrl

Warm-up	10 m	Talk about hygiene routines they do at home.
Main activity	10 m	Do a wordwall exercise about hygiene: https://wordwall.net/es/resource/9570957/what-is-good-hygiene
	10 m	Do this expected and unexpected exercise: https://wordwall.net/es/resource/9664924/social/hygiene
	30 m	In the classroom group, collaborate to create a poster to encourage other children to have good practices about hygiene and personal protection. The teacher can use Canva https://www.canva.com/ following the children's instructions. Could be a good idea to play with https://stablediffusionweb.com/ to create significative images for the poster.
Assessment	5	Observe the results of the exercises
	5	Talk about the hygiene routines they can start to do now by themselves.

Conclusions and recommendations

- | | |
|---|---|
| <ul style="list-style-type: none"> There are lots of hygiene and safety exercises done in wordwall and other platforms. It's not necessary to make one. You can copy and adapt one of the available. | <ul style="list-style-type: none"> It's good to make the poster the children want. You can guide them. |
|---|---|

The material is developed within the Erasmus+ project *PreEdTech - Improving the Pedagogical and ICT skills of Pre-School Teachers and Educators in the Digital Era*, Grant agreement number: 2021-1-RO01-KA220-SCH-000027894.

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use, which may be made of the information contained therein.



Co-funded by
the European Union

Project website www.preedtech-project.eu