

Clean Hands, Healthy Heart – Caring for My Body and My Health”
LESSON PLAN

1. Theme: Me and My Health / Cleanliness, Hygiene, Self-care

2. Grade: 3rd Grade

3. Lesson Type: Lesson for acquiring new knowledge and healthy habits

4. Duration: 40 minutes

5. Basic Terms

cleanliness, hygiene, germs, health, habit, body care, prevention, purity

6. Pedagogical Methods

storytelling, guided discussion, demonstration, visual learning, games, reflection

7. Means

board / interactive board, projector, PPT, picture cards, worksheets, soap & towel (demo), markers

8. Goals

Educational Goals

Students will learn:

- ✓ What cleanliness and hygiene mean
- ✓ Why personal hygiene is important for health
- ✓ Basic hygiene habits (handwashing, brushing teeth, clean clothes)
- ✓ How germs spread and how to prevent illness
- ✓ How cleanliness is valued in Islam and worldwide

Formational Goals

Students will learn to:

- ✓ Develop healthy daily routines

- ✓ Take responsibility for their own body
- ✓ Respect others by staying clean
- ✓ Build self-care habits
- ✓ Connect physical cleanliness with well-being
- ✓ Practice discipline and responsibility

9. Cross-Curricular Connections

Health Education, Science, Social and Emotional Learning (SEL)

10. Intra-Subject Connections

Me and My Body; Daily Habits; Safety and Health; Respect for Self and Others

11. Expected Results

By the end of the lesson students will be able to:

- ✓ Explain why hygiene is important
- ✓ Name at least three hygiene habits
- ✓ Demonstrate correct handwashing steps
- ✓ Identify clean vs. unhealthy behaviors
- ✓ Understand cleanliness as a shared responsibility

12. Preparation for the Teacher

- PPT slides with pictures
- Printed worksheets
- Fairy tale script
- Hygiene routine posters
- Materials for handwashing demonstration

13. Structure of the Lesson

A. Introduction – Fairy Tale “The Little Drop of Soap” (6 min)

Story

A little drop of soap lived near a sink.

One day it said, “I am too small. I don’t matter.”

But when children washed their hands, the soap helped chase away invisible germs.
The children stayed healthy and happy.

The soap learned that even small habits protect the whole body.

Discussion Questions

- Why was the soap important?
- Can we see germs?
- How do small habits help us stay healthy?

Transition:

“Today we will learn how cleanliness and hygiene help our bodies stay strong and healthy.”

CORE CONCEPTS – THEORY

Teacher’s Theoretical Notes (Health & Ethical Context)

1. Cleanliness and Hygiene

Cleanliness means keeping our body, clothes, and environment free from dirt and germs.

Hygiene refers to daily habits that protect health, such as washing hands, brushing teeth, and bathing. Children aged 8–9 learn hygiene best through **routine, modeling, and repetition**. At this stage, habits become long-term behaviors.

Islamic connection:

In Islam, cleanliness (*taharah*) is an essential value. Cleanliness of the body is connected to prayer, self-respect, and care for others.

2. Germs and Health

Germs are tiny organisms that can cause illness.

They spread through:

- Dirty hands
- Sneezing and coughing
- Unclean surfaces

Good hygiene helps prevent disease and protects the whole community.

3. Cleanliness as Responsibility

Personal hygiene is not only for oneself—it protects classmates, family, and friends. Teaching hygiene builds responsibility, self-discipline, and respect.

Islamic connection:

The Prophet Muhammad taught that cleanliness is part of faith, showing care for oneself and others.

4. Why Hygiene Education Matters

- Prevents illness and absenteeism
- Supports children's confidence and social comfort
- Encourages independence
- Promotes respect for shared spaces
- Builds lifelong healthy habits

Theoretical Background for the Teacher

1. Hygiene and Child Development

According to health education research, children in primary school develop hygiene habits through **visual learning, repetition, and role modeling**. Clear routines and demonstrations are essential for effective learning.

(WHO – School Health Programs)

2. Hygiene and Social Responsibility

Hygiene education supports social awareness: children learn that their actions affect others. Clean habits reduce the spread of illness and support a safe learning environment.

3. Islamic Perspective on Cleanliness

Islam places strong emphasis on physical and spiritual cleanliness. Acts such as washing hands, face, and body are connected with prayer and daily life. Cleanliness teaches discipline, respect, and gratitude for health.

14. Structure, Content and Timeline

1. Guided Discussion – “Clean or Not Clean?” (7 min)

Teacher shows pictures.

Students answer:

- Is this healthy or unhealthy?
- Is this clean or not clean?

Examples:

- Washing hands before eating
- Not brushing teeth
- Wearing clean clothes
- Sneezing without covering mouth

2. Demonstration – “How to Wash Hands Properly” (8 min)

Teacher demonstrates:

1. Wet hands
2. Use soap
3. Rub palms, fingers, nails
4. Rinse well
5. Dry with towel

Students repeat movements in the air.

3. Game – “Stop the Germs!” (7 min)

Teacher reads actions.

Students clap if the action stops germs.

Students stay silent if it spreads germs.

Examples:

- Washing hands after the toilet
- Sharing a dirty tissue
- Covering mouth when coughing
- Not washing hands before eating

4. Worksheet – “My Clean Day” (7 min)

Students:

- ✓ Circle clean habits
- ✓ Match pictures to “Clean” / “Not Clean”
- ✓ Draw themselves doing one hygiene habit

5. Reflection Circle (5 min)

Students complete:

- “I stay healthy when I...”
- “One clean habit I will practice every day is...”

Teacher emphasizes:

“Taking care of your body is a way to respect yourself and others.”

15. Variations

- Use a hygiene song
- Create a daily hygiene chart
- Connect with science lesson on the body
- Invite school nurse (if possible)

16. Additional Moral Stories (Islamic & Universal)

A. The Prophet and Cleanliness (Islamic tradition)

The Prophet Muhammad encouraged clean clothes, clean homes, and clean bodies.

Lesson: Cleanliness is part of good character.

B. The Dirty Hands and the Apple (Universal)

A child did not wash hands and became sick.

Lesson: Hygiene protects health.

C. The Clean Bird

A bird cleaned its feathers daily and stayed strong.

Lesson: Care brings strength.

17. Additional Resources & Materials for the Teacher

Health & Hygiene Education

- <https://www.who.int/health-topics/school-health>
- <https://www.unicef.org/health>

Islamic Education for Children

- <https://www.muslimkids.tv>
- <https://www.islamicstudies.info/ethics>

Teaching Materials

- <https://www.twinkl.com>
- <https://www.edutopia.org/health-education>