

# God is Pure and Holy - Teacher's topic guide Year 1

## Topic: Germs and Hygiene

**Duration: 4 weeks**

### **Spiritual Overview: Clean on the outside as well as the inside**

Making things clean is a Biblical symbol for God's purity and holiness. Our hearts are made clean by God's forgiveness. Jesus died to cleanse us from sin. He offers forgiveness to all those who will accept it.

### **Bible references**

Matthew 23:13-27 Jesus said that we must be clean on the inside, not just the outside.

Psalm 119:11 I have hidden your word in my heart that I might not sin against you.

Matthew 21:12-17 Jesus clears the temple

### **Outcomes: What will the students learn?**

- understand the requirements of maintaining a clean home environment
- suggest ways of maintaining a clean school environment
- suggest ways of cleaning up the local environment, such as waterways
- understand the importance of personal cleanliness
- understand that inner cleanliness cannot take place by 'being good', but by accepting God's forgiveness and living as a disciple of Jesus
- observe how cleaning agents such as soap and disinfectants can help in cleaning things
- classify cleaning agents according to properties and record results

### **Activities**

- Discuss hygiene at school and home.
- Make a list of rules for good hygiene.
- Discuss the consequences of not washing hands, not cleaning teeth etc.
- Discuss germs and how they affect our bodies
- Discuss the importance of cleaning teeth

### *Germs*

Germs are everywhere.

Germs are so small that you can't see them.

Germs can make you sick.

You can get rid of germs by washing your hands and your body.

### *How to wash your hands*

Use warm running water. (If you don't have warm water, use cold running water.)

Use liquid soap where possible.

Rub hands together for at least 15 seconds.

Scrub underneath the fingernails.

Rinse and then dry.

### *How to dry your hands*

If you don't have paper towel or a clean towel, shake your hands dry before touching anything.

### *When to wash your hands*

Before eating or touching food

After using the toilet

After playing with animals

### *Teaching idea*

Use a spray bottle filled with clean water.

Spray water on children's hands.

Explain that the water on their hands is like the germs that come out of their mouths every time they cough or sneeze.

Now ask the children to touch an object such as a table or chair. Ask them what happened to the object they touched. (It became damp.)

Explain that this is what happens when we sneeze or cough into our hands and then touch an object.

What will happen if one of their friends touches the damp object?

What can we do to prevent our friends from catching our germs?

Use a tissue to cover your mouth when coughing or use a tissue to blow your nose.

If you don't have a tissue and you use your hand to cover your mouth while coughing, wash your hands after.

# God is Pure and Holy Planning Table

Yr 1	Attribute of God	Social Studies/Sci Health	Literacy	Maths	Phys.Ed/ Music	Art and activities	Values
WEEK	<b>God is Pure/Holy</b>	<b>Health &amp; Hygiene</b>	<b>Read to your children - 20 minutes everyday.</b>	Use things to count with, like bottle caps or stones	<b>BM song: I want to be more like Jesus</b> <i>CBF</i>	<b>Prepare paper, paint, coloured pencils,</b>	<b>Cleanliness and staying healthy</b>
<b>WK 1</b>	Exodus 3:5 <i>A clean heart</i> God has never done anything wrong.	Healthy habits - clean teeth, hair and body, washing hands	<b>Level 2 Lessons 1 &amp; 2</b> Initial sounds – ‘k’ and ‘l’ Sight words – New words: are Revise all sight words so far Stories – Who does Jesus love? Baby Jesus is born	<b>Level 5 Card 3 &amp; 4</b>	Set out objects all around the yard and run fast to pick them up.	“Washing hands” poster – when should we do this?	Clean up your room.  Make a healthy meal.
<b>WK 2</b>	Matt 23:13-27 Luke 10:25-37 <i>Choosing right, not wrong</i> - The Good Samaritan made the right choice.	Keeping clean small book	<b>Level 2 Lessons 3 &amp; 4</b> Initial sounds – ‘m’ and ‘n’ Sight words – look; that Revise all sight words so far. Stories – The Shepherds, Follow that star	<b>Level 5 Card 5</b>	Make an obstacle course – things you go under and over.	Make up some detergent and water mixture. Make a wire ring and blow bubbles.	Help at home in cleaning the house.
<b>WK 3</b>	John 2:13-16 Jesus cleared the temple. <i>Honesty in all we do and say</i>	Cut up small pieces of white fabric. Stain them with coffee, juice etc. Make them clean again.	<b>Level 2 Lessons 5 &amp; 6</b> Initial sound – ‘o’ - Bible phonics Begin 3-letter words: bag, bad, can, dad, fan, had, hen, leg, dig, dog Sight words – New words: help, with Stories – The lost coin; At my house	<b>Level 5 Card 6 &amp; 7</b>	Go for a walk.	Put some detergent, food dye and water in a bowl. Froth it up and place a piece of paper on top for a bubble print.	Help at home in washing some clothes or dishes.
<b>WK 4</b>	Matt 26:69 John 21:15 Jesus forgives Peter. <i>Saying sorry</i>	Healthy Food	<b>Level 2 Lessons 7 &amp; 8</b> Initial sounds – ‘p’ and ‘qu’ Sight words – no, yes Stories – The lost sheep Who lives here?	<b>Level 5 card 8</b>	Count to 20 while skipping.	Make a healthy food picture.	Go shopping and choose some healthy food.

# God is Pure and Holy Year 1

## Values education: Cleanliness

### For parents or teacher to read:

God has created us as special. He wants us to look after our bodies and keep ourselves clean on both the inside and the outside.

### Cleanliness is...

Washing our hands after the toilet and before eating

Washing, taking a shower or bath each day

Washing our hair

Keeping our nails short and clean

Brushing our teeth twice a day

Washing our clothes

**Activity:** Draw up a table with 6 boxes. In each box draw a picture to show how to keep your body clean

<div data-bbox="209 1240 505 1294">Wash your hands.</div>	<div data-bbox="667 1240 930 1294">Take a shower.</div>	<div data-bbox="1066 1240 1299 1294">Wash your hair.</div>
<div data-bbox="209 1576 430 1630">Cut your nails.</div>	<div data-bbox="639 1576 930 1630">Brush your teeth.</div>	<div data-bbox="1075 1576 1362 1630">Wash your clothes.</div>


### What happens if we don't do these things?

Our bodies will become smelly.

God made our skin to sweat. This is when little droplets of water come out of the skin to cool us down. It is a good thing, because it stops us from getting too hot. But when our skin sweats, it stays on the skin if we don't wash it off. Germs are attracted to the sweat, and we become smelly.

**Dirty clothes:** As we play outside, dirt and dust get into our clothes. The sweat from our skin also gets into our clothes. This is why we should wash our clothes.

# God is Pure and Holy Thinking Skills Year 1

<p><b>Hygiene 1</b></p> <p>Draw tap.</p> <p>Now redesign it by doing this:</p> <p>B – make one part bigger</p> <p>A – add something extra</p> <p>R – replace one part with something else</p>	<p><b>Hygiene 2</b></p> <p>Name 5 things that NEVER need to be washed.</p>
<p><b>Hygiene 3</b></p> <p>Think of 3 different things this picture could represent. It must have something to do with keeping clean.</p> 	<p><b>Hygiene 4</b></p> <p>Give 10 ways of making things clean in and around your home.</p>
<p><b>Hygiene 5</b></p> <p>Give 3 possible reasons why someone would not be allowed to use soap for bathing or showering.</p>	<p><b>Hygiene 6</b></p> <p>Find 5 different uses for some “bubble bath”.</p>

# God is Pure and Holy Art Year 1

## Germs and hygiene

**Biblical connection:** Jesus said that being clean on the outside is not the only way to be clean. We should also be clean on the inside.

**Bible art as a wall display:** Matthew 21:12-17 Jesus clears the temple. Students can draw the different animals being sold in the temple. They can cut them out and collectively paste them on a large picture of the temple, with caption, 'Jesus said, "Stop turning my house into a market"'

### 1. Painting and drawing

Ask students to:

Make posters about washing hands.

### 2. Printing

Using washing up detergent to make bubble prints. (Washing up liquid relates to our "cleaning" theme.)

Mix some liquid poster paint with a little water, and a squirt of washing-up liquid, stir it up and then blow into it with a straw to create lots and lots of **bubbles**. You then gently place the paper over the **bubbles** to take a **print** from them, remove, and allow to dry. Try again with a different colour.

### 3. Jewelry making

Students can make their own bracelet by making beads from papier mâché or dough which is baked for durability. Form the beads around skewers. This creates a hole for threading. Paint the beads, and on 4 of the beads they can write the letters: WWJD which stands for "What Would Jesus Do?"