



Everyday Speech Teaching Plan



Incorporating Hygiene Habits

Objective: By the end of this lesson, students will recognize the importance of daily hygiene and will know how to track their habits using the weekly tracker.

Materials:

- Free Visual Hygiene Weekly Tracker PDF for each student.
- Pens/Pencils.

Introduction to Hygiene (5 minutes): Start by discussing what hygiene means and why it's essential. Highlight the different types of personal hygiene - dental, body, hair, hands, etc.

Distributing and Explaining the Tracker (5 minutes): Hand out the Free Visual Hygiene Weekly Tracker. Go through the tracker, explaining each visual cue and what it represents. Discuss how to fill in the tracker daily.

Group Sharing (10 minutes): Organize the students into small groups. Encourage them to discuss their current hygiene habits and where they think they might need improvement.

Setting Goals (5 minutes): Ask each student to set a hygiene goal for the upcoming week using the tracker. Share these goals with the class if they are comfortable doing so.

HOW'S MY HYGIENE?

Weekly Tracker: Keep track of how well you pay attention to your personal hygiene each day. Remember, we want to smell clean and have fresh breath every day.



Mark a **+** for each time you complete the hygiene skill each day.

Hygiene Task	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shower							
Wash Hair							
Brush Teeth							
Wash Hands							
Change Clothes							
Clean Nails							
Trim Nails							