



# Student booklet

## Personal hygiene plan

Year 2	Health & Physical Education (HPE)
Name	

Create a personal hygiene plan using collage.  
Present your collage to the class and explain  
what the collage shows.

You will:

- develop a personal hygiene plan
- create a collage to help you explain your plan.

Due date: .....

# What is a personal hygiene plan?

A personal hygiene plan shows the actions you choose for good health and wellbeing.

## Getting started

You will develop your own personal hygiene plan and present it to your class. Work through and tick off each section as you develop, prepare and present your plan.

## Develop your personal hygiene plan

- ☐ Section 1. Create a mind map of your ideas
- ☐ Section 2. Make a collage to show your plan

## Prepare your presentation

- ☐ Section 3. Fill in the flow chart to form your presentation
- ☐ Section 4. Rehearse what you will say

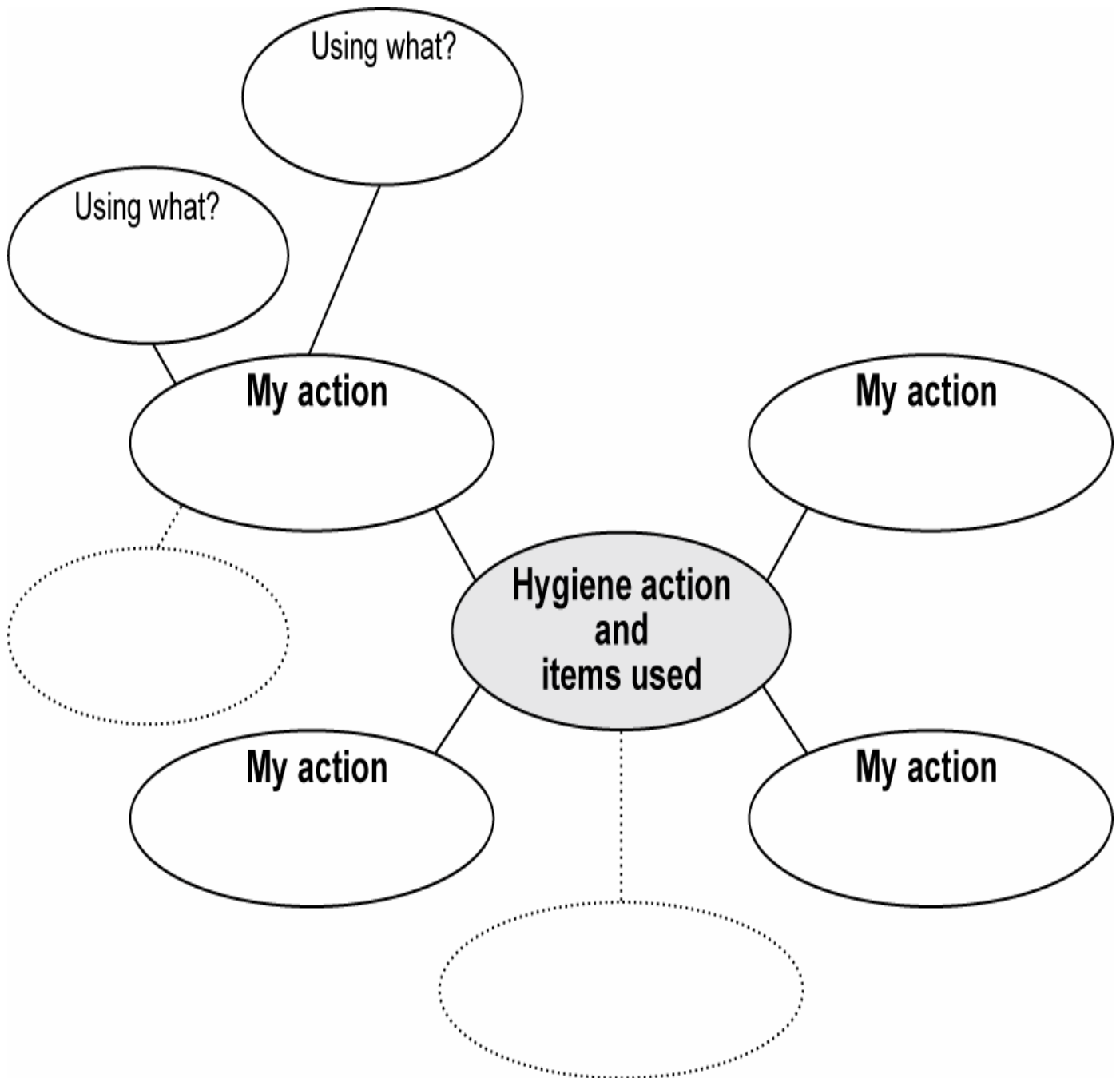
## Present your personal hygiene plan

- ☐ Section 5. Use your collage to help you explain your plan

## Section 1. Create a mind map

Fill in the mind map to show the hygiene actions you would plan to take for your health and wellbeing.

Draw extra bubbles if there are not enough.



## Section 2. Make a collage

Follow these steps to make your personal hygiene collage:

### Step 1

- ☐ Look at the hygiene actions on your mind map.
- ☐ What items might you use to complete these actions?

.....  
.....

### Step 2

- ☐ Find pictures to show these actions and items.
- ☐ If you can't find a picture for any hygiene action, draw your own.

### Step 3

- ☐ Sort the pictures into groups to show the different hygiene actions.
- ☐ Decide where and how you will arrange each picture group on your collage.

### Step 4

- ☐ Glue the picture groups onto the paper with overlap.
- ☐ Fill in any white space between picture groups with words and/or colour.

Section 3. Fill in the flow chart

Hygiene action	Using what?	How often?	Reasons?
Example: washing hands	soap and water	before I eat	<ul style="list-style-type: none"><li>• body</li><li>• feelings</li><li>• mind</li></ul> <ul style="list-style-type: none"><li>• wash away germs</li><li>• </li><li>• </li></ul>
			<ul style="list-style-type: none"><li>• </li><li>• </li><li>• </li></ul>
			<ul style="list-style-type: none"><li>• </li><li>• </li><li>• </li></ul>

## Section 4. Rehearse what you will say

Use your collage and flow chart to help you.

Aim to explain your plan in 2–3 minutes.

Speak about one action at a time:

- ☐ point to the picture or group of pictures on your collage that are about this action
- ☐ explain what you will need for this action (e.g. a toothbrush)
- ☐ say how often or when you will use each action (e.g. washing your hands)
- ☐ explain the health reasons for this action.



## Section 5. Present your personal hygiene plan

When you have rehearsed, you are ready to present your personal hygiene plan to the class.