

**Lesson:
My Clean Body**

**Length of lesson:
15 Minutes**

Materials:

- Large Butcher Paper
- Markers/ Crayons
- Pens or Pencils
- Yarn
- Buttons

Discussion Questions:

- **What hygiene practices are mandatory each day, which are optional?**
- **What is your morning routine?**

1. Prepare a deck of cards so that each card has only one matching number or suite. Prepare enough matches in the deck for each participant to have one partner.
2. After introducing the topic and engaging the girls in the discussion, ask each girl to find the girl with the same card number as them.

3. Once each partner is united, give the girls each a body sized piece of butcher paper.

4. The girls will take turns tracing the silhouette of their partner.

5. Allow the girls to add hair, clothes, or other features to personalize their silhouette.

6. After the silhouette is created and decorated instruct the girls to draw arrows to different areas of the body and explain what types of hygienic practices or products are essential to the cleanliness of that area. For example, the girls may draw an arrow pointing to the leg of the silhouette with a description of how to properly lotion the skin by spreading an ample amount of lotion all over the leg, being sure not to miss any parts!

7. Once the girls have completed the activity, allow the partners to share with the group their work. Allow the opportunity for volunteer participants to come up and teach the group specific hygienic practices that are useful or work for them. For example, a special hair style or home remedies for facial scrub.

8. Tape all of the silhouettes around the room and conclude by asking the girls what they learned about hygiene.