

WASH YOUR HANDS

Wash your hands multiple times a day to stop the spread of germs.

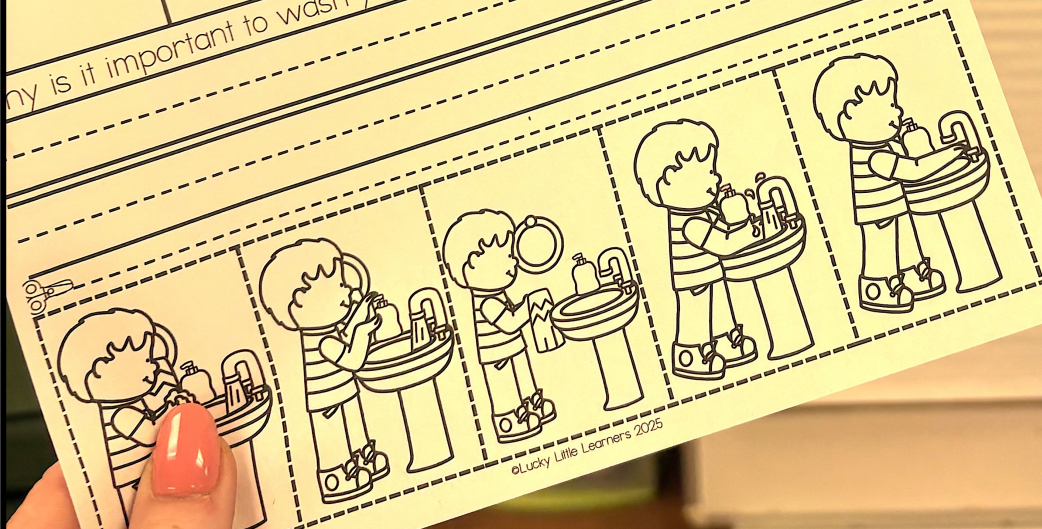


WASH YOUR HANDS

and paste each image. Put them into the correct order and clip for washing your hands below. Then, answer the question.

	GLUE HERE	GLUE HERE	GLUE HERE	GLUE HERE
1	2	3	4	5

Why is it important to wash your hands?



This guide will help you navigate the Lucky to Learn Life Skills units.



Hi there!

Thank you so much for downloading my Lucky to Learn Life Skills units! This document will help you get started using the resource.

- Angie

HELPFUL TIPS:

- Download the files to your computer. Open the PDF files with Adobe Reader. If you do not have the most current version of Adobe Reader installed, you can [get it for free here](#).
- [This navigation page](#) will be useful if you would like to download by topic.
- There are both PDF and PowerPoint versions of the teaching slides. You can upload the PowerPoint to your Google Drive if you would like to use them as Google Slides.
- If there is a topic you need but do not see listed as available, please make a request on your [My Account](#) page, and we will do what we can to get it created for you!

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Why?

LIFE SKILLS

We know reading and math take the stage in the early grades, but teaching life skills is still important for children's development!

It's hard to find time to squeeze all the content in, and usually you don't have an explicit portion of the day dedicated to teaching life skills. These unit lessons are just the ticket! They are perfect for 15-20 minute lessons, but can be extended easily into a whole week or unit.

Are you wanting something easy to prepare?

These units are no prep! The slides are created for you with images, facts, and text. A teacher's guide lays it all out for each topic.

1

2

3

Wanting your students to be engaged?

The one-page printable that goes along with each topic allows students to interact with the content and easily engages them.

Looking to incorporate activities at home?

Each lesson includes an at-home activity that students can bring home to families! They can share what they learned at school and practice these skills further with an adult.



PERFECT FOR...

Integrated learning



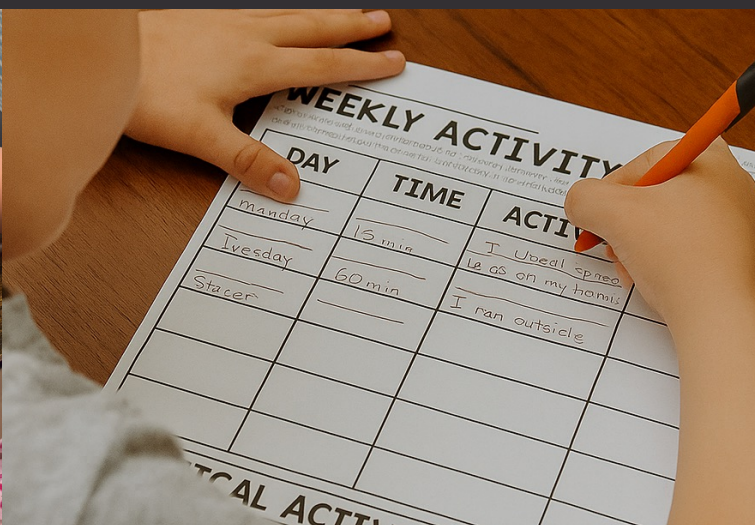
Whole group lessons



Independent work



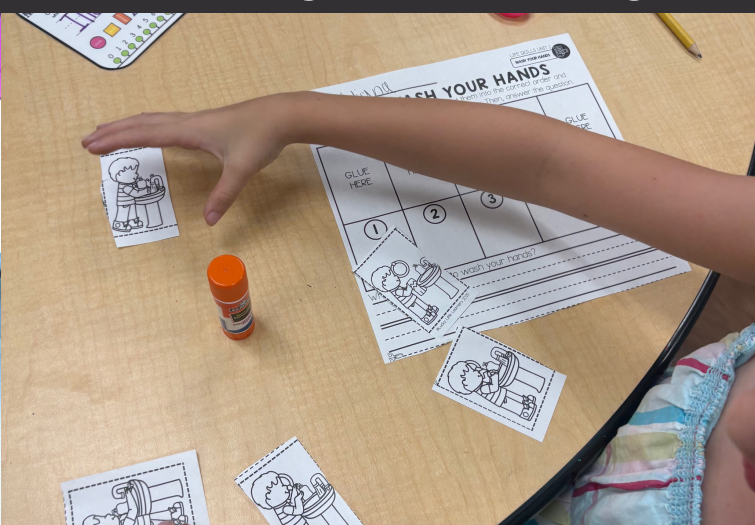
At-home extensions



Themed instruction



Building knowledge



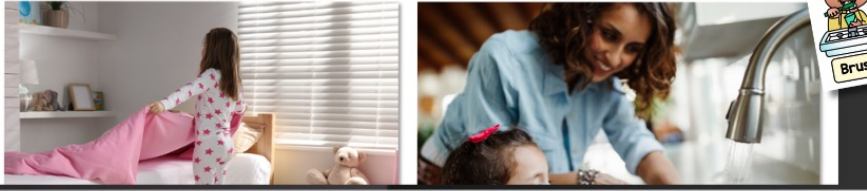
FULL YEAR RESOURCE

FOR GRADES 1, 2, & 3

Life Skills TOPICS

Personal Responsibility & Hygiene	Make Your Bed	Clean Your Room	Daily Physical Activity	Wash Your Hands	Personal Hygiene	Dental Hygiene
Safety First	What to do in an Emergency	Fire Safety	Personal Safety	Basic First Aid	Recognize Road Signs	Car Safety
Identity & Information	Memorize Name & Birthday	Memorize Phone Number	Memorize Address	Use a Calendar	Use an Analog Clock	Use an Alarm Clock
Basic Home Skills	Tie Your Shoes	Change Your Bedding	Sweep the Floor	Vacuum a Room	Mop the Floor	Take out the Trash
Healthy Living & Nutrition	Write a Grocery List	Read Nutrition Labels	Use a Microwave Safely	Read & Prepare a Recipe	Meal Prep Basics	Clean Up After Yourself
Clothing & Self-Care	Bathe & Stay Clean	Blow Your Nose & Use a Tissue	Cut Fingernails	Get Dressed	Wash & Fold Laundry	Learn to Stitch
Food Independence	Make a Sandwich	Pack Your Lunch	Order at a Restaurant	Set the Table	Wash Dishes	Load the Dishwasher
Communication & Kindness	Use Good Manners	Be a Good Listener	Give a Compliment	Handle Conflict	Write a Thank-You	Take Turns
Technology & Tools	Understand Digital Literacy	Search Online Safely	Save & Print Your Work	Talk on the Phone	Use a Map	Use Everyday Tools
Organization & Time Management	Use a Calendar	Follow a Routine	Prepare Materials	Manage Time Efficiently	Work Towards a Goal	Long & Short-Term Goals
Money & Consumer Skills	Recognize Bills & Coins	Earning Money	Saving Money	Set a Savings Goal	Comparing Prices	Plan Before You Spend
Citizenship & Community	Cross the Street Safely	Helping in Your Community	How to Recycle	Care for a Pet or Plant	Wash a Car	Wrap a Present

PERSONAL RESPONSIBILITY AND HYGIENE



PERSONAL HYGIENE
Keep your body healthy by using good personal hygiene habits.

- Bathe
- Healthy foods
- Good sleep
- Brush hair
- Clean clothes

DENTAL HYGIENE
Keep your mouth healthy by brushing and flossing your teeth twice a day.

- Brush
- Floss
- Mouthwash
- Rinse
- Dry

PHYSICAL ACTIVITY
Get physical activity every day by playing a sport, exercising, or walking.

WASH YOUR HANDS
Wash your hands multiple times a day to stop the spread of germs.

- Water
- Soap
- Scrub
- Rinse
- Dry

ANCHOR CHARTS

LESSON PLANS

TEACHING SLIDES

Understand the different personal responsibilities you have and how to take care of your personal hygiene.

PERSONAL RESPONSIBILITY AND HYGIENE

Name _____

Unit 1: Personal Responsibility and Hygiene

- Understand the different personal responsibilities you have and how to take care of your personal hygiene.
- Life Skills: In Unit 1, students will learn the following life skills: Make your bed, Keep your room clean, Daily physical activity, Wash hands properly, Personal hygiene, and Dental hygiene.
- Teaching Slides: Use the slides to teach the different life skills about personal responsibility and hygiene. Go through each slide and read about the life skill. Then, review by having students complete an activity page.
- Activity Page: Have students complete the activity page after you teach the slides to help them interact with the content and/or assess their understanding of the life skill.
- Activity Ideas:
 - Have students keep a daily log about using these life skills. Students can check off the various skills on a calendar and turn in the calendar for a prize.
 - Create a poster or sign about one life skill.
 - Have students do an opinion writing on which life skill is the most important and why.
- Read Aloud Suggestions:
 - Teach Your Dragon Good Hygiene* by Steve Herman
 - Water and Germs - Usborne Books*
 - I Don't Want to Wash My Hands* by Tony Ross
 - Arthur, Clean Your Room* by Marjorie Brown
- Video Suggestions:
 - Hygiene for Kids* by Art's Dream World
 - Dragon Explains How to Clean Your Room* by Ms Williams Workshop
 - Clear Up With Kids Song*
 - Pigpen Explains How to Make Your Bed* by Ms Williams Workshop
- Extensions:
 - 10 Steps to Washing Your Hands*
 - Personal Hygiene Activities for Kids*
 - Brain Pop Junior: Canine for Teeth*
 - Brain Pop Junior: Washing Hands*

STUDENT PRINTABLES

AT-HOME ACTIVITIES

HOW TO WASH YOUR HANDS
Directions: Cut and paste each image. Put them into the correct order and write each step for washing your hands below. Then, answer the question.

GLUE HERE	GLUE HERE	GLUE HERE	GLUE HERE	GLUE HERE
1	2	3	4	5

Why is it important to wash your hands?

HOW TO MAKE A BED
Directions: Write a sentence to describe each step in making a bed.

COLORING CLEAN HANDS
Name _____

after taking out trash	before eating food	while watching TV	YES/NO
while doing homework	after using the bathroom	after leaving an animal	YES/NO
after using cleaning supplies	while reading a book	after coughing or sneezing	YES/NO

WASH YOUR HANDS
Wash your hands multiple times a day to stop the spread of germs.

MAKE YOUR BED
Make your bed each morning to start your day off right.

MY BED MAKING LOG
Directions: Write the month and dates on the calendar. Put an X for each day that you made your bed. Then, answer the questions at the bottom.

How many days were in the month?
How many days do you make your bed?
Was the task hard or easy to do?
How did you feel about this task? Why?

Home Help: We learned how to wash our hands properly. One of the main ways to stay healthy is by washing your hands. You should always wash your hands after it is the bathroom or touch a dirty surface. This helps stop the spread of germs.

Home Help: We learned the following steps for making a bed. Please have your child practice this skill at home by making their bed each morning. Review completing each step, and have students explain the steps to you.











TEACHER'S GUIDE

Life Skills topics sorted by unit

List of materials

Clear lesson objective

Unit 1: Personal Responsibility and Hygiene	
 <p>OBJECTIVES</p>	Understand the different personal responsibilities you have and how to take care of your personal hygiene.
 <p>MATERIALS</p>	<input type="checkbox"/> Unit 1 Teaching Slides <input type="checkbox"/> Activity Page copies <input type="checkbox"/> Reading passage (optional) <input type="checkbox"/> Additional materials may be needed for extension activities
 <p>LIFE SKILLS</p>	<p>Life Skills: In Unit 1, students will learn the following life skills: Make your bed, Keep your room clean, Daily physical activity, Wash hands properly, Personal hygiene, and Dental hygiene.</p>
<p>Teaching Slides: Use the slides to teach the different life skills about personal responsibility and hygiene. Go through each slide and read about the life skill. Then review by having students complete an activity page.</p>	
 <p>ACTIVITY PAGE</p>	<p>Activity Page: Have students complete the activity page after you teach the slides to help them interact with the content and/or assess their understanding of the life skill.</p>
 <p>AT HOME IDEAS</p>	<p>Activity Ideas:</p> <ul style="list-style-type: none"> Have students keep a daily log about using these life skills. Students can check off the various skills on a calendar and turn in the calendar for a prize. Create a poster or sign about one life skill. Have students do an opinion writing on which life skill is the most important and why.
 <p>READ ALOUD IDEAS</p>	<p>Read Aloud Suggestions:</p> <ul style="list-style-type: none"> Teach Your Dragon Good Hygiene by Steve Herman What Are Germs - Usborne Books I Don't Want to Wash My Hands by Tony Ross Arthur, Clean Your Room by Marc Brown
 <p>VIDEO SUGGESTIONS</p>	<p>Video Suggestions:</p> <ul style="list-style-type: none"> Hygiene for Kids by Ari's Dream World Pigeon Explains How to Clean Your Room by Mo Willems Workshop Clean Up Flash Kids Song Pigeon Explains How to Make Your Bed by Mo Willems Workshop
 <p>EXTENSION</p>	<p>Extensions:</p> <ul style="list-style-type: none"> 10 Steps to Washing Your Hands Personal Hygiene Activities for Kids Brain Pop Junior Caring for Teeth Brain Pop Junior Washing Hands

Activity page to complete during or after lesson

Teaching slides support & answers

Read-Aloud ideas

At-Home ideas for students to practice more

Previewed video links for each topic

Extension suggestions

TEACHING SLIDES



I WILL BE ABLE TO...

Understand the different personal responsibilities you have and how to take care of your personal hygiene.



PERSONAL RESPONSIBILITY AND HYGIENE



Guides students & the teacher through each lesson with an easy-to-follow format and real photos.



ANCHOR CHARTS

HOW TO HAVE GOOD DENTAL HYGIENE

Keeping your mouth clean is important for having good dental hygiene. First, brush your teeth with toothpaste. Make sure to brush all your teeth and your tongue. Next, floss between your teeth and rinse with mouthwash. Finally, rinse with water to get all the germs out.

Brush your teeth.

Floss between your teeth.

Rinse with mouthwash.

Rinse with water.



MAKE YOUR BED

Make your bed each morning to start your day off right.



KEEP YOUR ROOM CLEAN

Create a routine to keep your room clean and organized.



PHYSICAL ACTIVITY

Get physical activity every day by playing a sport, exercising, or walking.



WASH YOUR HANDS

Wash your hands multiple times a day to stop the spread of germs.



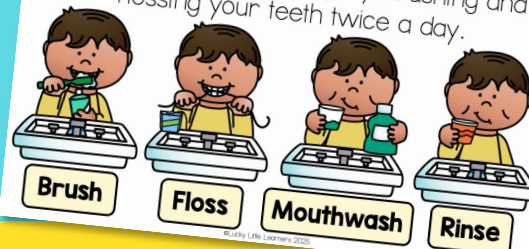
PERSONAL HYGIENE

Keep your body healthy by using good personal hygiene habits.



DENTAL HYGIENE

Keep your mouth healthy by brushing and flossing your teeth twice a day.

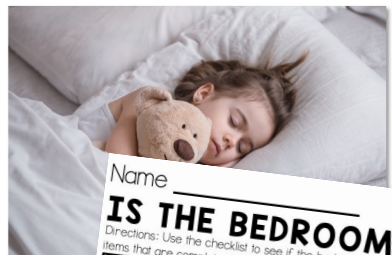


Guide students to be successful, independent individuals by teaching them important skills.

ACTIVITY PAGES

WHAT'S IN YOUR ROOM?

Everyone's bedroom has different items in there. Some kids have a bedroom all to themselves with their own belongings. Other kids might share a bedroom and have shared items in there. What is in your bedroom?



Name _____

HOW TO MAKE A BED

Directions: Write a sentence to describe each step in making a bed.















Name _____

IS THE BEDROOM CLEAN?

Directions: Use the checklist to see if the bedroom is clean or not. Put a checkmark next to the items that are complete. Then, write what else needs to be cleaned.

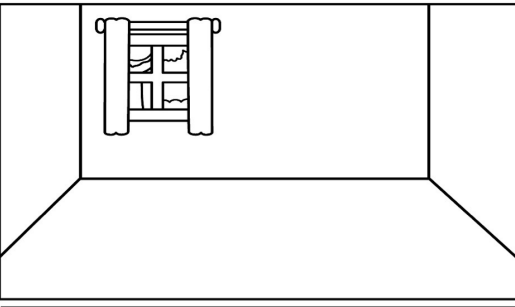


- Clean your desk.
- Make your bed.
- Pick up your toys.
- Pick up your clothes.
- Put away your clothes.
- Vacuum the floor.

Name _____

CLEANING UP MY ROOM

Directions: Draw a picture of your clean bedroom. Then, write how you clean your room.



Name _____

WHO IS BEING ACTIVE?

Directions: Cut and paste each image. Sort them into the correct column.

ACTIVE	NOT ACTIVE



Home Help:
We learned how to bedrooms clean, reviewed cleaning making their bed, toys and clothes, lay clothes, and the floor. Have practice these skills cleaning their bedrooms.

Fun, informative, and creative pages for students to complete about each topic.



AT-HOME ACTIVITIES

WHOSE HANDS ARE CLEAN?

Look at the hands below. Whose hands are clean? How could the other person get their hands clean? What steps would they follow?



WASH YOUR HANDS

Directions: Look at each activity and decide if you should wash your hands or not. Color YES or NO.

after taking out trash	YES NO	before eating food	YES NO	while watching TV	YES NO
while doing homework	YES NO	after using the bathroom	YES NO	after touching an animal	YES NO
after using cleaning supplies	YES NO	while reading a book	YES NO	after coughing or sneezing	YES NO

WASH YOUR HANDS

Wash your hands multiple times a day to stop the spread of germs.

Water Soap Scrub Rinse Dry

Home Help: We learned how to wash our hands properly. One of the main ways to stay healthy is by washing your hands. You should always wash your hands after using the bathroom or touching a dirty surface. This helps to stop the spread of germs.

HEALTHY HYGIENE ITEMS

Directions: Look at each item needed to maintain good personal hygiene. Write how you use each item and include how often you use it.

ITEM	How do you use this item?
clean clothes	
soap	
toothbrush & toothpaste	
tissues	
shampoo	
brush or comb	

PERSONAL HYGIENE

Keep your body healthy by using good personal hygiene habits.

Bathe Healthy foods Good sleep Clean clothes Brush hair

Home Help: We learned the importance of keeping our bodies clean and having good hygiene to stay healthy. Taking care of your body by doing things like washing your hands, brushing your teeth, bathing regularly, and wearing clean clothes helps prevent sickness and keeps you feeling fresh.

Students can learn at school and continue to practice the skills at home with activity pages.

THANK YOU FOR DOWNLOADING!

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About Lucky Little Learners



Angie Olson has many years of classroom experience teaching grades kindergarten, first, and second grade. She earned her master's degree in mathematics and has presented for a variety of conferences at the national, state, and local levels. Over the years, Angie has employed teachers to help with Lucky Little Learners. She is proud of her talented team who strive to support the teaching community with her. Lucky Little Learners has created over 20,000 resources that are available in the All Access membership. Lucky Little Learners is also a top seller on Teachers Pay Teachers.

All Access Membership

Pssst... are you on a monthly membership and want to have access for the full year?

Upgrade here



Graphics & Fonts

