

PERSONAL HYGIENE

ACTIVITY:	Three Group Sorting
CARD SET:	3
TIME:	One Hour
OBJECTIVE:	Identifying poor personal hygiene practices
KEY MESSAGE:	'Cleanliness is next to Godliness'
HOMEWORK:	Build a wash shelter and make a washing line

ACTIVITY:

1. Give out pictures to the members, and ask each person to describe their picture and say if it is 'Good' or 'Bad' for health. Encourage everyone to discuss the issues.
2. Group the people with good cards in one place and those with bad cards in another.
3. If the picture is neither good nor bad (or the members are not sure), encourage everyone discuss until there is a resolution by voting.
4. Take those practices that are not normally done in the area out of the set.
5. Those with good pictures stand in a line holding up the picture. The rest of the people should choose a good practice and stand behind it to show this is the practice they will start to do in the coming week.
6. Note how many people decide on each practice. Tell the members that they will be asked next week how many people have been able to keep to their pledge.

RECOMMENDED PRACTICES:

- Hair should be washed every week with shampoo.
- The face should be washed every day after sleeping.
- Teeth should be brushed twice every day, in the morning and the night after eating.
- Our hands should be free from dirt by hand washing with soap.
- Fingernails should be kept short and clean.
- Clothes should be washed regularly and should not smell.
- Underclothes and our private parts must be washed every day.
- Dont share clothes and bedding with each other.

3**Hygiene Personnelle****Card Set**

1	Boy washing face each morning
2	Boy washing body each evening
3	Mother / father cleaning teeth twice daily
4	Mother washing hair
5	Father shaving boys hair
6	Mother washes body
7	Father washing body
8	Mother washing clothes
9	Cutting finger nails
10	Wash genitals daily
11	Wash underwear regularly
12	Change sanitary towels /dispose well/burn