









HOW TO BE A HYGIENE HERO!

Wash your and brush your teeth.  _____ are tiny living things which can make us  _____ if they get inside us. Our hands

 _____ lots of things which have germs on them, but we can't see the germs. Fortunately, we can wash away the germs with  _____ and water. Always wash your hands before you  _____

and after you use the toilet. Here's a tip. Sing the alphabet song as you wash your hands. By the end, your hands will be  _____.

Let's try it. A, b, c, d, e, f, g, h, i, j, k, l, m, n, o, p, q, r, s, t, u, v, w, x, y, and z. Now I sung my ABCs. Next time won't you sing with me?

Looking after your teeth is another way to stay  _____. When should you brush your teeth? Write some  _____.