

HOW TO BE A HYGIENE HERO!

Wash your hands 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 .

