

## PSHE: SUMMER 2

(Personal, Social, Health Education)

### This term will focus on the importance of personal hygiene

Each activity should be 20 - 30 minutes (some may take longer if independently extending the task)

Read the <b>Horrid Hands Fact Sheet</b> – Surprise your family with some of the facts!	<b>Why do we wash our hands with soap?</b> Carry out the mini experiment and record your findings
Complete the <b>Horrid Hands Quiz</b> with your family (or test yourself)	Read the <b>Super Sneezes fact</b> sheet and make your own poster about sneezing
Make some <b>Super Slimy Snot</b> (ASK AN ADULT FIRST!)	Complete the <b>Super Sneezes word search</b>
Research ' <b>How to wash your hands properly</b> ' Watch this video <a href="https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/">https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/</a> Write your own instructions or leaflet	Complete the <b>Respiratory Health Quiz</b> (test yourself or a family member) What 5 facts can you remember from the quiz? (Check the answer sheet to see how much you know)
Read the <b>Microbe Mania Poster</b> What are your top 3 favourite facts?	Complete the <b>Bad Bug Challenge Cross Word</b> (The answers are at the bottom if you get stuck)