

Cleanliness

Super Fast Cleaner Game

Choose three objects from various places in the classroom or home, and count “one, two, three, go!” for the child to race and put them away. Then have the children choose three items for you to put away. Increase the distance they have to go as you continue to play.

Practicing Washing Our Fruits and Vegetables

Pick some fruits or vegetables children can help wash and prepare for a snack or meal. Talk about why it's important to wash them well so that only food goes into our bodies. If you have fruits, vegetables or herbs in your own garden, use these.

Washing Away the Dirt

Take the children outside and find some dirt to play in (add water for extra messiness and to make muddy hands). Then go inside to wash (or use a bucket outside) so the children may practice washing something very dirty. Use this activity to teach young children what “clean” and “dirty” means.

Cleaning Up after Our Work

Do some messy art with the children (like finger painting, gluing, or stamping) and then have them help you with cleaning up including washing hands with soap, wiping the table, and putting the supplies away. There are many steps to clean!

What Can We Keep Clean?

Have the children list objects they can help keep clean depending on their age, and then draw pictures of each of them.

Some ideas: their hands, their face, high chair, bed, drawers, bookshelf, toy basket, shoes, bathtub, car seat.

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Keeping Our Environments Clean

Get a bag to collect trash in, and pick up rubbish in your garden, school yard or nearby park. Talk about how a clean place is welcoming to people, so it's important to keep the entrances to our homes and schools nice and clean.

Reusing and Recycling For Fun

Explain that everything we throw away goes to a recycling center or a dump. We should avoid buying unnecessary items, use things for as long as possible, and reuse what we can to reduce waste and keep the earth clean. Ideas: decorate a cardboard box to make a house or a container to keep drawing utensils, or use toilet paper tubes to make binoculars or a telescope.

Is this Cleanliness?

The teacher or parent suggests a list of actions, some of them will be related to cleanliness and some will not. When the children hear one that relates to cleanliness they call out the word 'cleanliness!'. If the action does not relate to cleanliness, the children shake their heads indicating "No".

For example:

- We brush our teeth every day.
- We eat with dirty hands.
- We walk to school on our hands.
- We wear clean clothes.

(Include some silly/funny activities to make the game more interesting)