

Personal Hygiene – How Often & Why?

Materials: Activity worksheet, pencils

Directions: Read the worksheet, complete the activity, and discuss with group.

DISCUSSION QUESTIONS

Have you had any moments where you felt unsure of yourself because of forgetting your own hygiene routines? What was that like?

Did you know that personal hygiene and self-esteem often go together? Before we show you how they go hand in hand – let's start with what each one is. Personal hygiene is how we take care of our bodies. Self-esteem is how we feel about ourselves.

So, when we take care of ourselves, we typically feel good about ourselves. The key to personal hygiene and high self-esteem is remembering to do it each day!



ACTIVITY INSTRUCTIONS

1. Team Leaders – Tell the group that we are going to talk about the importance of personal hygiene, how it helps our self-esteem and how often we should complete hygiene tasks.
2. Using the activity worksheet follow the instructions below.
3. Together as a group talk about each of the hygiene activities listed. There are blank spaces if you want to add hygiene tasks not listed.
4. Then, as a group, put a check mark in the 'how often box' for each hygiene activity.
5. Finally, discuss how each of the hygiene activities can help us grow in our self-esteem.
6. Let's Share! Ask each member to share which hygiene activities they find the most important, and how they remember to complete them.



For each personal hygiene activity, put a check mark in the box of how often you should do it. Once completed, talk about why each personal hygiene activity is important for our self-esteem.

Personal hygiene activity	Once or twice a day!	Once a week!	Once in a while	Never!
Brushing Your Teeth				
Putting on deodorant				
Trimming your fingernails				
Changing your undergarments (i.e.: underwear, bras, etc..)				
Taking a bath/shower				
Washing your clothes				
Wearing stinky clothes				
Brushing your hair				

Add your own ideas here.....

