

Personal Hygiene

Achoo! Achoo!

What should I do?

Tick the correct answer:

- Rub my nose against the sleeve.
- Say Alhamdulillah. Blow using tissue and throw it in the bin.



Yucky! Dirty Hands!

What should I do?

Tick the correct answer:

- Use water, soap, scrub and rinse.
- Rub my hands against my cothes, table etc.



Smelly, bad breath!

What should I do?

Tick the correct answer:

- Miswak, tooth brush and rinse.
- Eat chewing gum.



Smelly, stinky shoes!

What should I do?

Tick the correct answer:

- Place them in the cupboard.
- Leave them outside in the open for some time.



Sweaty, after football/cycling!

What should I do?

Tick the correct answer:

- Shower and change into fresh clothes.
- Watch T.V and go to bed in the same clothes.



Name: _____

Class: _____

AlHuda International School
Islamabad

Sign: _____

Date: _____

Grade: 2 & 3