



Personal Hygiene Tips

Part of our Girl Scout Law says that we should “**Respect ourselves and others.**”

Cleanliness is important to your health and taking care of your body. Try a few of the following activities.

Beautiful Smile

Keeping your teeth healthy is important. Here are simple things you can do to help prevent cavities.

*Brush after meals. It helps remove harmful germs.

*Get in the habit of flossing your teeth each day.

*When able, make a visit to your dentist.

Brush your hair every day

*It is good for your hair to be brushed daily. It ensures that it grows and prospers. Through brushing, the oils in your hair are spread easily. As a result, your hair will look beautiful.

*If you have tangles, ask an adult or older sibling for help.

*Try a new hairstyle. It’s fun.

Washing Works

Germs are all around us. They can spread from one person to another. They can make people sick. You cannot see germs. If your hands look clean, that does not mean that they are clean. Germs hide on both sides of your hands, in between your fingers and under your fingernails. Here are some good times to wash your hands: Before eating or handling food. After going to the bathroom and after coughing or sneezing.

Practice washing your hands to the Brownie hand-washing song.

“Washing Hands is Fun to Do”

(Sung to the tune of “Twinkle Twinkle Little Star”)

Washing hands is fun to do
It keeps the germs off me and you
In our school and after play
We need to wash those germs away
After playing in the yard
Use some soap and scrub real hard

Try this word search @ <https://thewordsearch.com/puzzle/748/personal-hygiene/>

Send us a video of you washing your hands on Tiktok or Instagram and tagging us @gswcf and using the hashtag #GirlScoutsAtHome and GSwellness