



**Flossed
Teeth.
Move ahead
one space**




Start ↗



Finish ↘



HYGIENE CARDS



**Be a Helping
Hand**
Invite the player
the furthest
back to join you.




**Move ahead
two spaces**

**Be a Helping
Hand**
Invite the player
the furthest
back to join you.





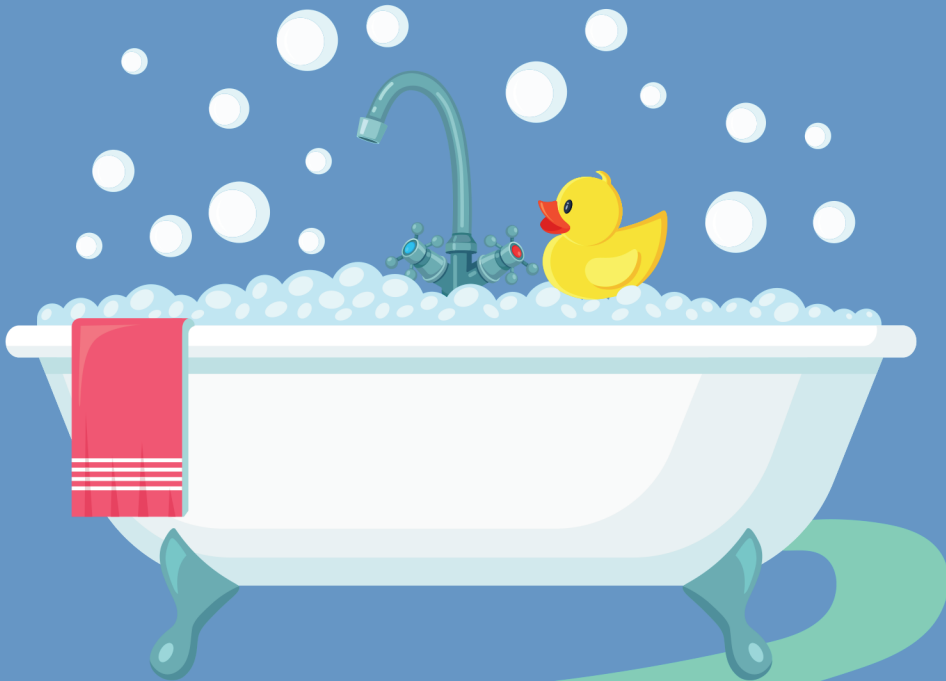
Move ahead
two spaces

Didn't wash
hands.
Move back
two spaces.



HOW TO PLAY

Roll a dice and move forward. When you land on a square, follow the instructions. If you land on hand washing pick a hygiene card.



Be a Helping
Hand
Invite the player
the furthest
back to join you.

Didn't wash
hands.
Move back
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HYGIENE CARDS

Print and cut one to two sets of the blue cards and place the hygiene cards on the board.

What are three times you should wash your hands?

Before preparing food/eating; after using the bathroom; when they are dirty.

What's one reason personal cleanliness is important?

How often should a kid bathe?

Minimum of 2-3 times per week.

How long should you scrub your hands while washing them?

20 seconds

How can you keep your hair clean and tidy?

Wash your hair a few times a week. Comb/Brush daily.

How many glasses of water should you drink daily?

6-8 glasses depending on your size and activity level

Is it important to keep your clothing clean? Why?

How often should you brush your teeth?

At least twice a day - once in the morning and before bed

For how long should you brush your teeth?

Two minutes

BACKSIDE OF HYGIENE CARDS



Print and cut one set of the green cards and place the hygiene cards on the board.

Share a Factoid!

Your ears never stop growing!

Share a Factoid!

Your eyes blink around 20 times a minute. That's over ten million times a year!

Share a Factoid!

If you live to age 70, your heart will have beat around 2.5 billion times!

Share a Factoid!

Your fingernails grow about twice as fast as your toenails.

Share a Factoid!

You have about 100,000 hairs on your head, and they grow faster in the summer.

Share a Factoid!

You are about 1 cm taller in the morning when you first get up than when you go to bed. This is because during the day the soft cartilage between your bones gets squashed and compressed.

Share a Factoid!

The entire surface of your skin is replaced every month, which put another way means you have about 1,000 different skins in your life!

Share a Factoid!

Every minute you shed over 30,000 dead skin cells.

Share a Factoid!

You have about 100,000 hairs on your head, and they grow faster in the summer.

Print and cut one set of the green cards and place the hygiene cards on the board.

Find/Read/Discuss

Psalm 119:11

Everyone jumps

forward two spaces!

Find/Read/Discuss

Psalm 51:10

Everyone jumps

forward two spaces!

Find/Read/Discuss

Psalm 19:14

Everyone jumps

forward two spaces!

Share a Factoid!

A Sneeze travels 100 mi (161 km) per hour.

Share a Factoid!

Every minute, tiny hairs in your sinuses sweep mucus a distance equal to the width of your little finger.

Share a Factoid!

Germs in your mouth eat bits of food stuck to teeth and gums. The germs give off waste that makes your breath smell bad.

Share a Factoid!

Bacteria live on your feet and love sweat. They eat the sweat and give off waste that makes your feet stink.

Share a Factoid!

You have about 2.6 million sweat glands.

Share a Factoid!

Every day you sweat about 1 pint (0.5 liters), and that's if you're not hot. If you're on a steamy beach, you might sweat 4 pints (2 liters) an hour!

Hygiene Award Notes



To Complete the award:
Read all three Bible verses:

Psalm 119:11

Psalm 51:10

Psalm 19:14



They show up in the game cards, but if you finish the game before you play each of those cards, you'll want to look them up at the end.

All blue-faced cards that weren't played should be discussed after the game.

Discuss/Practice brushing teeth and flossing

Key times to wash your hands include:

- After using the bathroom
- Before and after eating food
- Before, during and after preparing food
- After coughing, sneezing or blowing your nose
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After changing diapers, or cleaning up a child who has used the toilet
- After touching an animal or animal waste
- After touching garbage

Wash for at least 20-30 seconds:
Sing Happy Birthday song twice
Slowly count to 30





I care for my teeth



AM Brushing

PM Brushing

Daily Flossing

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Start



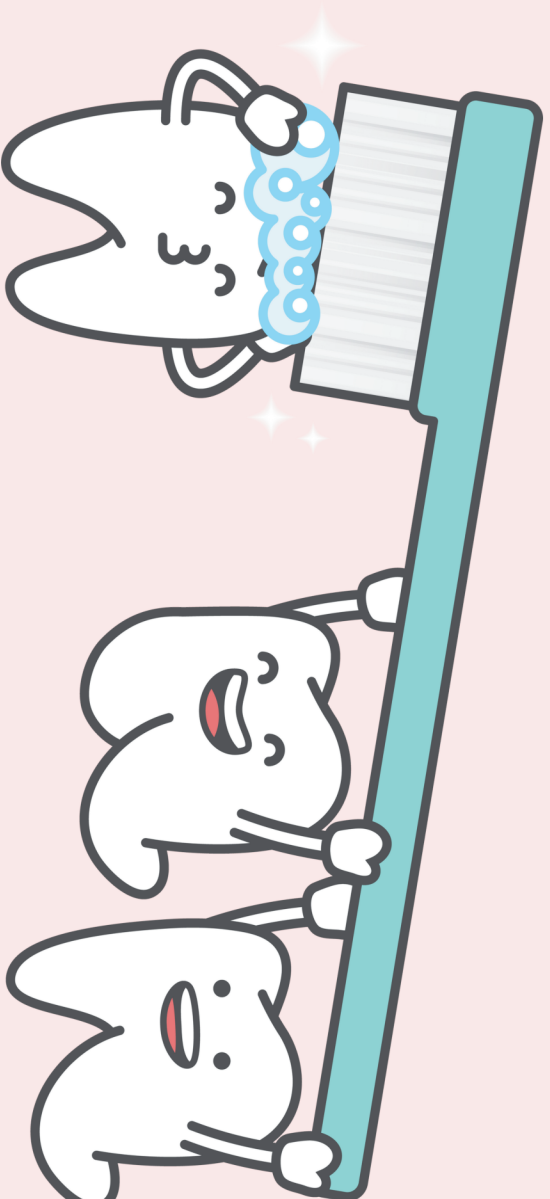


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You finished!