

Print Pack

Hygiene

Everything printable for this unit, in the order you will teach it.

Print at full size — do not scale to fit

Everything is US Letter. Card sets have cut guides.

PAGE	WHAT IT IS	HOW MANY
2	Do / Not Yet poster — clothing	One, for the wall
3	Do / Not Yet poster — grooming	One, for the wall
4	Do / Not Yet poster — hands	One, for the wall
5	Do / Not Yet poster — shower	One, for the wall
6	Do / Not Yet poster — teeth	One, for the wall
7	Brushing zones chart	One, for the wall
8	Handwashing chart	One, for the wall
9	Shower routine chart	One, for the wall
10	Three checks chart	One, for the wall
11	Brushing tracker	One per student
12	Laundry sorting cards	One set, cut and kept together
14	Shower step cards	One set, cut and kept together
15	When to wash cards	One set, cut and kept together
17	Team scoreboard	One per competition
18	Daily grooming checklist	One copy



Clean Clothing

Which shirt is ready for the day?

✓ GOOD



- ✓ Clean and pressed
- ✓ Tucked in properly
- ✓ Buttons done right
- ✓ No stains or marks

✗ NOT YET



- ✗ Stained shirt
- ✗ Crumpled and creased
- ✗ Left untucked
- ✗ Worn several days

Remember:

Stains. Smell. Wrinkles. Then decide.

The Mirror Check

Which one checked before he left?

✓ GOOD



- ✓ Hair combed
- ✓ Yarmulke straight
- ✓ Peyos tidy
- ✓ Shirt neat and buttoned

✗ NOT YET



- ✗ Comb left unused
- ✗ Hair as it was on waking
- ✗ Shirt crumpled and open
- ✗ Left without checking

Remember:

Comb. Wash. Deodorant. Mirror check.

Washing My Hands

Which hands are ready?

✓ GOOD



- ✓ Soap and running water
- ✓ Rubbing between the fingers
- ✓ Twenty seconds
- ✓ Nails clean and short

✗ NOT YET



- ✗ Hands still dirty
- ✗ Nails long and dark
- ✗ Sink not used
- ✗ Washing skipped

Remember:

Twenty seconds. Between the fingers. Under the nails.

Ready for the Day

Which one is ready to start the day?

✓ GOOD



- ✓ Washed and fresh
- ✓ Clean towel ready
- ✓ Clean clothes folded out
- ✓ Ready to get dressed

✗ NOT YET



- ✗ Not washed today
- ✗ Same shirt as yesterday
- ✗ Towel left in a heap
- ✗ Not ready yet

Remember:

Same steps, same order, every day.

Brushing My Teeth

Which one is looking after his teeth?

✓ GOOD



- ✓ Brushing at the sink
- ✓ Correct grip on the brush
- ✓ Two minutes, all four zones
- ✓ Calm and unhurried

✗ NOT YET



- ✗ Walked away from the sink
- ✗ Toothbrush still dry
- ✗ Toothpaste not opened
- ✗ Skipped it today

Remember:

Four zones. Two minutes. Twice a day.

Four Zones, Two Minutes

Thirty seconds in each zone, twice a day

TOP RIGHT

30 seconds

TOP LEFT

30 seconds

BOTTOM RIGHT

30 seconds

BOTTOM LEFT

30 seconds

Split the mouth into four. Thirty seconds each makes two minutes.

When do we brush?

Morning — after you get dressed

Bedtime — the last thing before sleep

How do we brush?

Gently, in small circles — not hard and fast

Brush the gum line too, not only the teeth



Washing My Hands

Twenty seconds — shorter than one song

1

WET YOUR HANDS

Warm water

2

SOAP

Enough to make bubbles

3

SCRUB — COUNT TO TWENTY

Palms, backs, between fingers, thumbs, nails

4

RINSE

All the soap off

5

DRY

A towel, not your clothes

The five spots people miss:

Between the fingers • The backs of the hands
Around the thumbs • Under the nails • The wrists



My Shower Routine

Six steps, in the same order, every time

1

WATER ON

Check it is warm, not hot

2

WASH YOUR BODY

Soap all over — arms, chest, back, legs

3

RINSE

All the soap off before you move on

4

SHAMPOO YOUR HAIR

Rub into the scalp, not just the top

5

RINSE YOUR HAIR

Keep going until the water runs clear

6

DRY WITH A TOWEL

Hair, body, and between the toes

Places people forget:

Behind the ears • The back of the neck
Under the arms • Between the toes

Social Skills Program • Hygiene Unit • Week 1 • Hang this on the bathroom wall



Created and directed by Rabbi Shmeil Twersky, MEd

Wear Again or Laundry?

Run all three checks before you decide

1

STAINS

Any marks, spots, or food on it?

2

SMELL

Does it smell fresh, or does it smell worn?

3

WRINKLES

Was it slept in, or crumpled on the floor?

Change every day — no checking needed:

Socks • Undershirt • Anything worn for sports



My Brushing Tracker

Colour in a box every time you brush — two weeks

Name: _____

Start date: _____

Week 1

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Morning	☐	☐	☐	☐	☐	☐	☐
Bedtime	☐	☐	☐	☐	☐	☐	☐

Week 2

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Morning	☐	☐	☐	☐	☐	☐	☐
Bedtime	☐	☐	☐	☐	☐	☐	☐



Wear Again or Laundry? — Sorting Cards

Run the three checks: stains, smell, wrinkles. Then sort.

CARD 1

A shirt with a food mark on the front

LAUNDRY — Stain check

CARD 2

Socks worn all day yesterday

LAUNDRY — Change daily

CARD 3

A sweater worn once for an hour

WEAR AGAIN — All three checks pass

CARD 4

A shirt you slept in overnight

LAUNDRY — Wrinkle check

CARD 5

Your undershirt from yesterday

LAUNDRY — Change daily

CARD 6

A jacket worn over a clean shirt

WEAR AGAIN — All three checks pass

Social Skills Program • Hygiene Unit • Week 4 • 12 cards



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Wear Again or Laundry? — Sorting Cards

Run the three checks: stains, smell, wrinkles. Then sort.

CARD 7

Gym clothes after sports

LAUNDRY — Smell check

CARD 8

Trousers worn one morning, no marks

WEAR AGAIN — All three checks pass

CARD 9

A shirt that smells like lunch

LAUNDRY — Smell check

CARD 10

A hat you wore in the rain

LAUNDRY — Smell check

CARD 11

A clean shirt straight from the drawer

WEAR AGAIN — Nothing to check

CARD 12

Socks worn for ten minutes indoors

LAUNDRY — Change daily

Social Skills Program • Hygiene Unit • Week 4 • 12 cards



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Shower Step Cards — Order the Chart Race

Print two sets, shuffle, and race to put them in order.

1

WATER ON

Check it is warm, not hot

2

WASH YOUR BODY

Soap all over — arms, chest, back, legs

3

RINSE

All the soap off before you move on

4

SHAMPOO YOUR HAIR

Rub into the scalp, not just the top

5

RINSE YOUR HAIR

Keep going until the water runs clear

6

DRY WITH A TOWEL

Hair, body, and between the toes

Social Skills Program • Hygiene Unit • Week 1 • 6 cards



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When Do We Wash? — Situation Cards

Read a card. Teams call out WASH or NO NEED.

CARD 1

BEFORE EATING

Answer: WASH

CARD 2

AFTER THE BATHROOM

Answer: WASH

CARD 3

**AFTER COMING IN
FROM OUTSIDE**

Answer: WASH

CARD 4

**AFTER SNEEZING INTO
YOUR HAND**

Answer: WASH

CARD 5

**AFTER TOUCHING
GARBAGE**

Answer: WASH

CARD 6

**BEFORE HELPING WITH
FOOD**

Answer: WASH

Social Skills Program • Hygiene Unit • Week 3 • 12 cards



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When Do We Wash? — Situation Cards

Read a card. Teams call out WASH or NO NEED.

CARD 7

**AFTER PLAYING
SPORTS**

Answer: WASH

CARD 8

**AFTER PETTING AN
ANIMAL**

Answer: WASH

CARD 9

**YOU JUST WASHED
AND SAT DOWN**

Answer: NO NEED

CARD 10

**YOU HAVE BEEN
READING QUIETLY**

Answer: NO NEED

CARD 11

**AFTER USING ART
SUPPLIES**

Answer: WASH

CARD 12

**YOU JUST DRIED YOUR
CLEAN HANDS**

Answer: NO NEED

Social Skills Program • Hygiene Unit • Week 3 • 12 cards



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Hygiene Team Scoreboard

Week _____ Routine _____ Date _____

TEAM 1

Point for...

TEAM 2

Point for...

TOTAL

TOTAL

Social Skills Program • Only add points — never take them away.



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Ready for the Day

Four steps after the shower, before you leave

1

COMB YOUR HAIR

Front, sides, and the back you cannot see

☐

2

WASH YOUR FACE

Especially after eating

☐

3

DEODORANT

On clean, dry underarms

☐

4

MIRROR CHECK

Top to bottom, before you walk out

☐

The mirror check — four questions:

1. Is my hair combed?
2. Is my face clean?
3. Is my shirt on straight and tucked in?
4. Is there anything on my face or collar?

Student name: _____ Date: _____

