

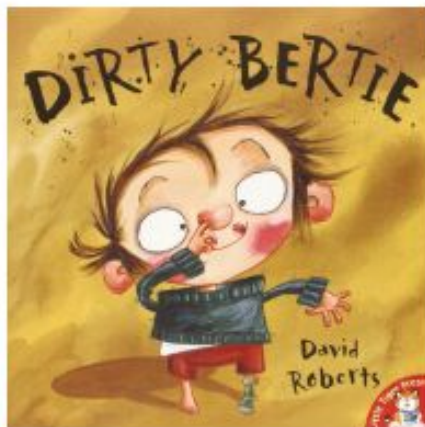
For ages
6 & up!



A Fun Guide

to Storytelling and Activities

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Inspired by:

Dirty Bertie
by David Roberts



Me Books

Fun reading
starts here!



Foreword

Hello educators!

This serves as a storytelling and activity guide to make learning fun and interactive in the classroom. We want to inspire young learners by bringing stories to life.

We hope you and your students enjoy the contents of this guide just as much as we do!

Me Books Asia



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OVERVIEW & PURPOSE

A set of guidelines to proper hygiene and cleanliness.

LEARNING OUTCOME

1. Differentiating good and bad habits.
2. Identifying clean and dirty hygiene practices.
3. Highlighting the importance of personal well-being and cleanliness.

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ACTIVITIES

- during storytelling



Engaging children with creative play and questions that involve participation throughout the process.

1

What is Bertie doing here?*(Answer: Picking up a sweet on the floor!)*

2

Practice with the class to say "No, Bertie! That's dirty, Bertie!" and cue them to say it when the time comes.

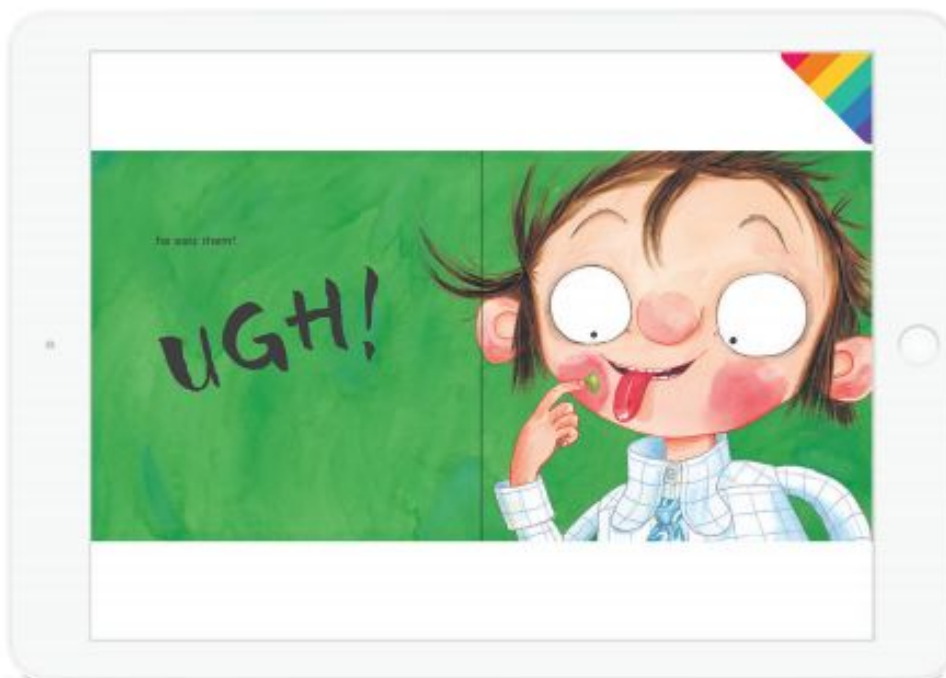
3

Ask students if they like to play with bugs and worms.

- 4 **Where should Bertie go to wee or peepee instead?**
(Answer: The toilet)



- 5 **Ask students if they have picked their booger or have eaten them before (EEKKK!)**





ACTIVITIES

- post-storytelling



Each level is based on the difficulty of the activity and approximately how long each activity will take.



1.1 The Red Zone

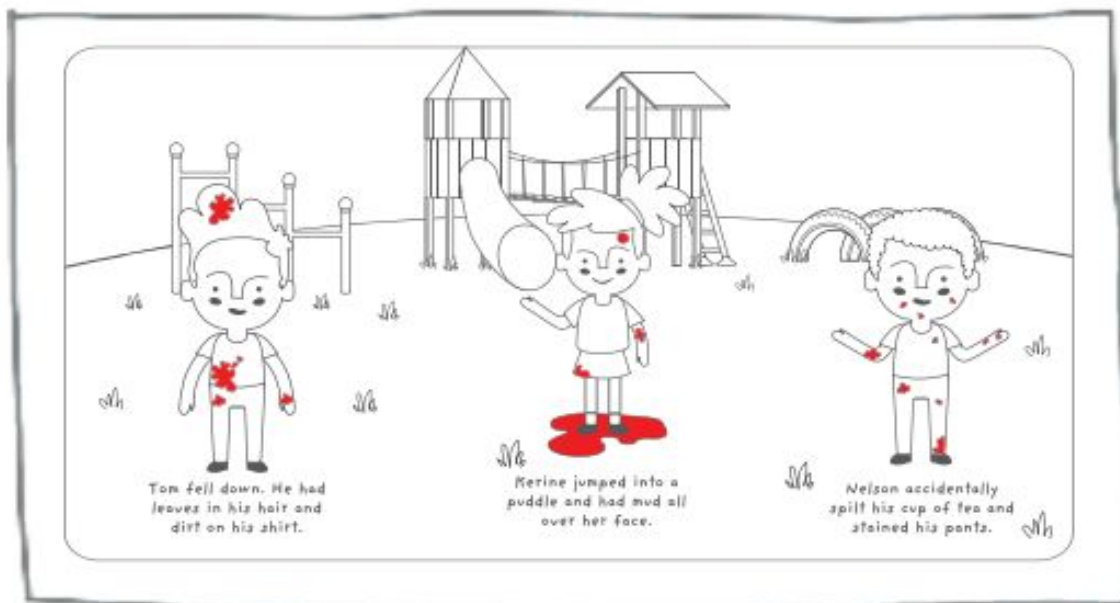
Instructions:

Colour in the dirty zones on each person in the shade of red.

What students will learn:

An awareness highlighting body hygiene.

Example:



Retrieve the template from page 18 or

download activity sheet here:
<http://bitly.com/vol6002a>



NOVICE LEVEL

TIME



1.2 Germy Situation

Instructions:

Prepare the materials needed and follow the step-by-step guide on this sensory play learning.

What students will learn:

Gives students a more concrete idea about how handwashing and germ prevention works hand in hand (pun intended!)



How to:

First, prepare all your materials such as an empty container, water, glitter, liquid dish soap and a glass dropper.

Fill the empty container with water as shown before. Next, sprinkle some glitter on the water. The glitter will float on the water. Squeeze the rubber top of the dropper to suck in liquid dish soap, then squeeze again onto the water to deposit a few drops. Observe what happens. The glitter starts moving away from the drops of liquid soap!



NOVICE LEVEL

TIME



INDIVIDUAL

1.3 Germ Up Close

Instructions:

Make your own germ model using play dough and q-tips (cotton buds). Simply roll the dough into a ball and poke the q-tips into it.

What students will learn:

Visualising how germs look like up close under a microscope.



Material Needed:

1. Play dough

3. Brush

5. Paint

2. Q-tips

4. Marker pens

6. Scissors

How to:



1 First, prepare all your materials.



2 Roll the play dough until it becomes a ball.



3 Next, paint the ball with your desired colour.



4 Use a pair of scissors to cut the q-tips in half.



5 Stick the half-cut q-tips into the ball at random.



6 There you have it. Your very own germ ball.



or



GROUP WORK

2.1 Squeaky Clean!

Instructions:

Follow these steps to washing your hands! In the activity sheet, arrange the sequence correctly.

What students will learn:

An awareness on how to wash your hands and why it is so important.

Dear educators,

90% of all infections
spread through hands.

Answers:

1	2	3
4	5	6
7	8	9

Steps

1. Turn on the tap.
2. Wet your hands all over.
3. Lather some soap onto your hands.
4. Rub your hands together to lather it up between fingers and under your nails.
5. Rub soap onto the palm of your hands.
6. Rub the back of your hands.
7. Rinse hands thoroughly in the sink.
8. Use paper towel to dry hands.
9. Put paper towel in trash.

Retrieve the template from page 19 or

download activity sheet here:
<http://bitly.com/vol6002b>



2.2 Decipher the Clean Code

Instructions:

Wanna stay clean? Decipher this cleanliness code to know the secret message!

What students will learn:

Problem solving and improving analytical skills.

Answers:

a=4 o=0 e=3 i=! b=8 t=+ s=\$

1. 0l4f 4lw4y\$ 8ru\$h3\$ h!\$ t33th !n +h3 m0rn!ng 4nd 83f0r3 83d+!m3 +0 pr3v3n+ h4v!ng c4v!+!3\$.

Olaf always brushes his teeth in the morning and before bedtime to prevent having cavities.

2. N3l\$0n d03\$ +h3 l4undry 3v3ry w33k \$0 h3 w0n'+ run 0u+ 0f cl34n cl0+h3\$ t0 w34r.

Nelson does the laundry every week, so he won't run out of clean clothes to wear.

3. Chr!n3 3njoy\$ w4\$h!ng +h3 d!\$h3\$ 4f+3r 3v3ry m34l 4nd k33p!ng +h3 k!tch3n cl34n.

Chrine enjoys washing the dishes after every meal and keeping the kitchen clean.

Retrieve the template from page 20 or

download activity sheet here:
<http://bitly.com/vol6002c>



2.3 Achoo!

Instructions:

Follow the step by step guide to this arts and crafts.

What students will learn:

Teaching students a very important hygiene etiquette — closing your mouth when sneezing!



Material Needed:

- | | |
|-------------|-----------------|
| 1. Pencil | 3. Paper |
| 2. Scissors | 4. Tissue paper |

How to:



1 First, prepare all your materials.



2 Trace your palm on a piece of paper.



3 Next, cut the traced lines with a pair of scissors.



4 Write the word 'Achoo' or 'Excuse Me' on the cut-out paper.



5 Put a small amount of glue on a piece of tissue. Don't pour too much, just a small pea sized amount will do.



6 Finally, stick the tissue at the back of the paper.



3.1 Wash Your Hands!

Instructions:

Sing this song in the tune of "Row Row Your Boat".

What students will learn:

An action awareness song of when to wash your hands.

Wash, wash, wash your hands, Wash them every day
Use some soap before you eat. Wash the germs away

Wash, wash, wash your hands, Wash them every day
After going to the loo, Wash the germs away

The image shows a handwritten musical score for a song about handwashing. It consists of four lines of music on a single staff. The first line starts with a treble clef and contains the lyrics 'Wash, wash, wash your hands, Wash them every day'. The second line continues with 'Use some soap before you eat. Wash the germs away'. The third line starts with a new treble clef and contains 'Wash, wash, wash your hands, Wash them every day'. The fourth line continues with 'After going to the loo, Wash the germs away'. The music is written in a simple, hand-drawn style with various note values and rests.



ADVANCED LEVEL

TIME



INDIVIDUAL

GROUP WORK

3.2 Hygiene Q & A

Instructions:

Discuss these questions in class.

What students will learn:

Expounding different scenarios and the effects of an individual's actions in terms of hygiene.

Q1.

Can we wear the same clothes everyday? Yes/No...WHY?

Suggested answer: No, because I wouldn't smell nice.

Q2.

What happens if you pick up food from the streets? Would you eat it?

Suggested answer: No, I might get food poisoning.

Q3.

What happens when we don't keep clean?

Suggested answer: We might fall sick or ill.



3.3 Drawing it Clean!

Instructions:

Draw one action that encompasses keeping yourself clean.

What students will learn:

Getting students to be creative about what they envision cleanliness to be.

Example:



Taking off my shoes before going into the house.



Showering



Cleaning your feet



Washing hands

Stickers of Encouragement



Dear educators,

Stickers give students a sense of pride and accomplishment. Hand these out to them as a motivation booster with words like 'Good job!' or 'Keep it up!'.

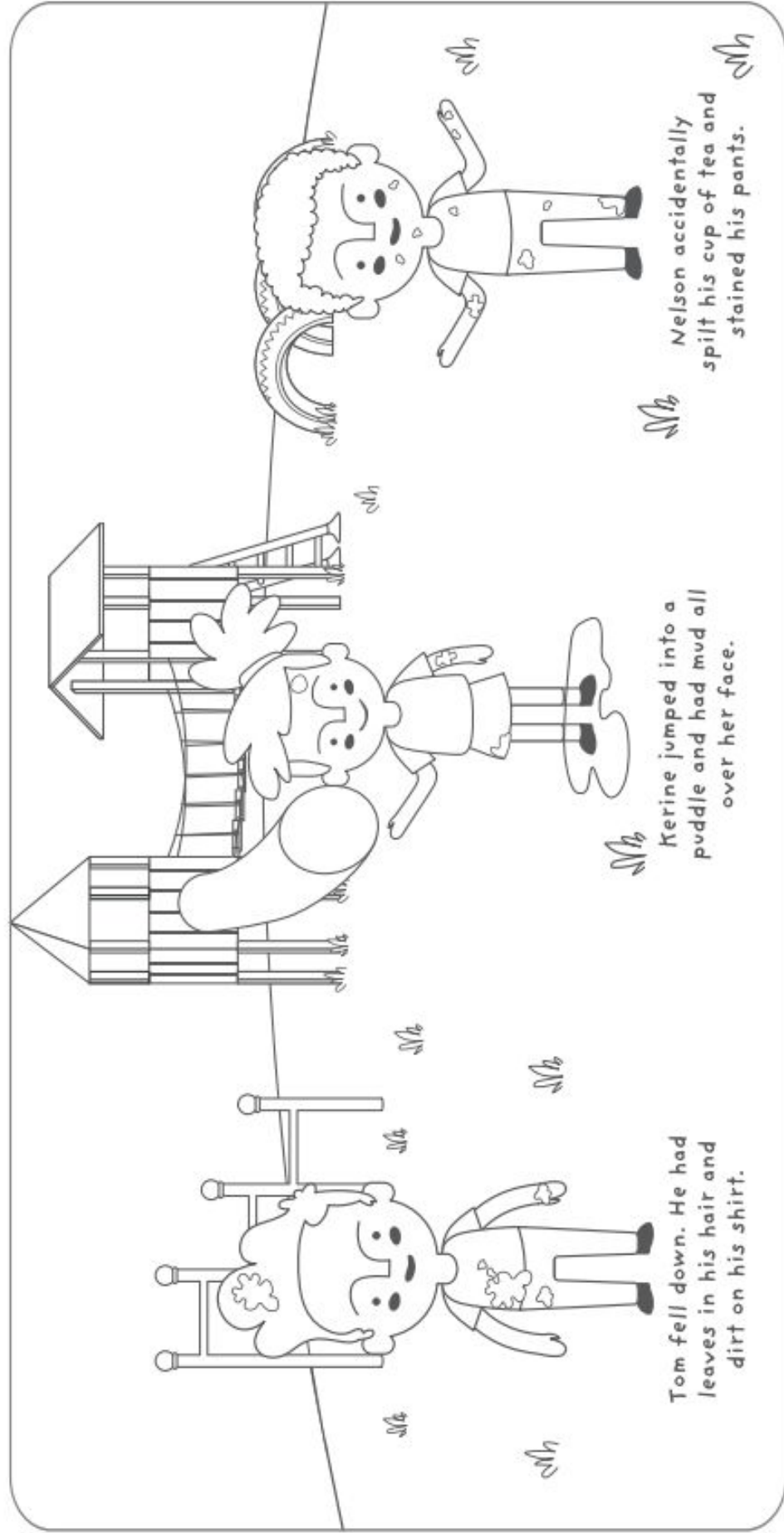
This is a preview of stickers that will be distributed along with the book.

Name:

Class:

Instructions:

Colour in the dirty zones on each person in the shade of red.



Name:

Class:

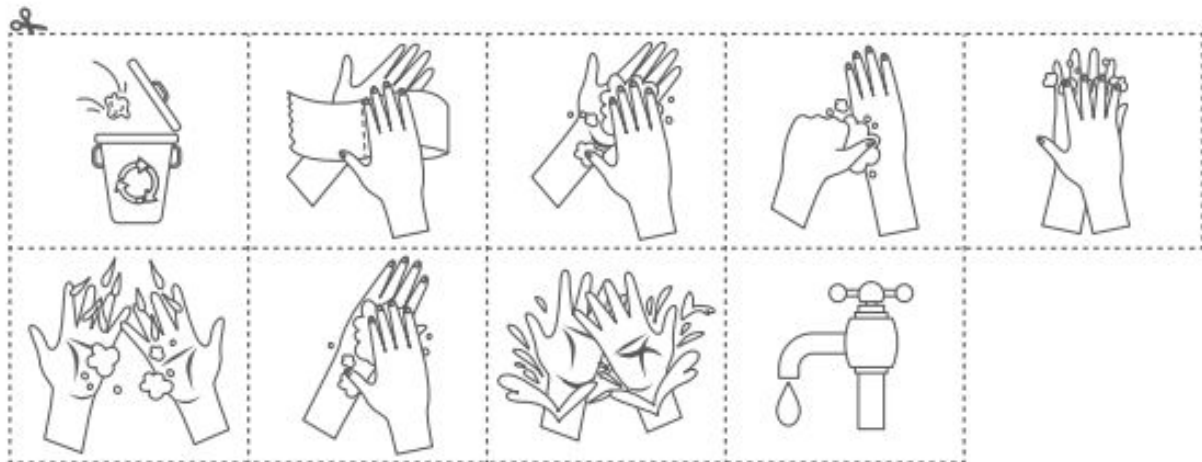
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2. N3l\$0n d03\$ +h3 l4undry 3v3ry w33k \$0 h3 w0n'+ run 0u+ 0f cl34n cl0+h3\$ t0 w34r.

3. Chr!n3 3njoy\$ w4\$h!ng +h3 d!\$h3\$ 4f+3r 3v3ry m34l 4nd k33p!ng +h3 k!tch3n cl34n.



**This guide serves to assist educators in
storytelling and activities in the classroom.**

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#InstillingValuesBeyondPages

