

Personal Challenge

Personal Hygiene



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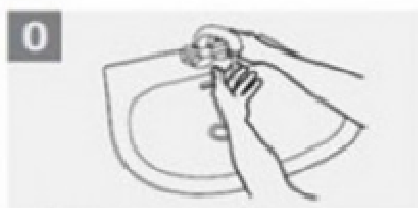
Good Habits



Hand Hygiene: Why, How & When?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

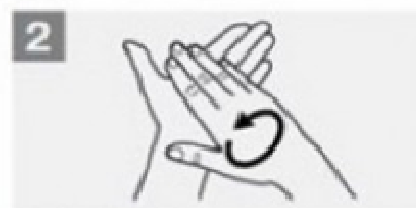
 **Duration of the entire procedure: 40-60 seconds**



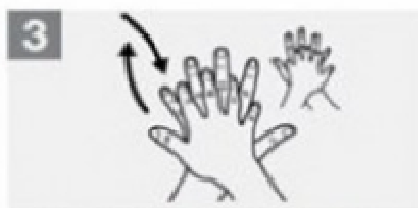
0 Wet hands with water;



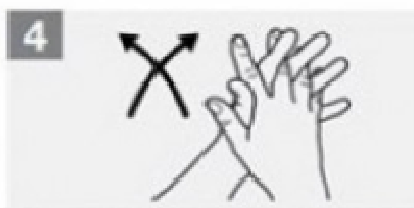
1 Apply enough soap to cover all hand surfaces;



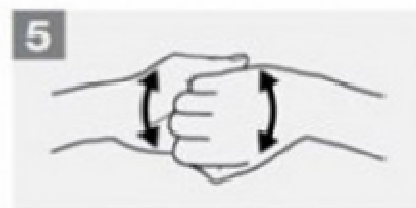
2 Rub hands palm to palm;



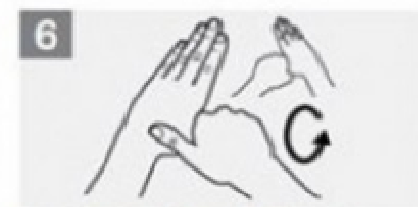
3 Right palm over left dorsum with interlaced fingers and vice versa;



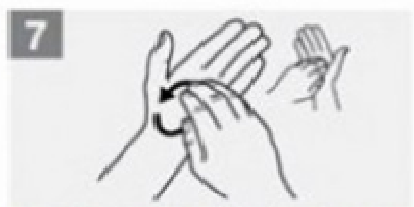
4 Palm to palm with fingers interlaced;



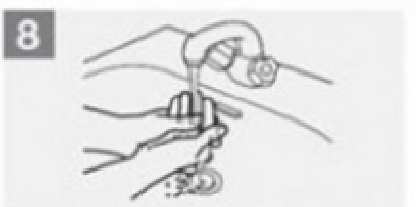
5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



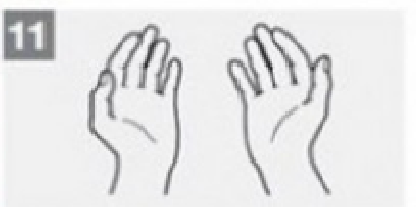
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

Hand care

- Take care of your hands by regularly using a protective hand cream or lotion, at least daily.
- Do not routinely wash hands with soap and water immediately before or after using an alcohol-based handrub.
- Do not use hot water to rinse your hands.
- After handrubbing or handwashing, let your hands

Please remember

- Do not wear artificial fingernails or extenders when in direct contact with patients.
- Keep natural nails short.

"Brush Your Teeth" Toothbrush-Shaped Book



What you will need:

- Construction paper
- Printer paper
- Scissors, stapler
- Markers.

How to make:

1. Print out the **Handle Pattern** onto construction paper or colored paper. Cut out the pattern. Fold the two ends on the dotted lines in towards the center of the pattern. Fold the center folded line to make a long rectangle. (Note: To make folding easier trace over the dotted lines with a pen and ruler before folding.)

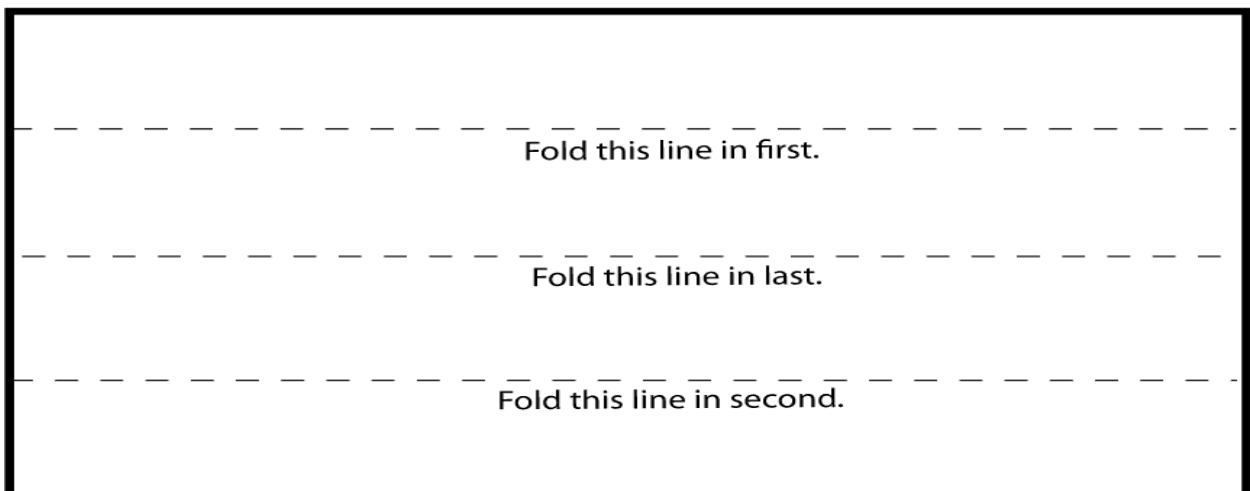
2. Print out the **Bristle Patterns** and cut them apart. Place them one on top of the other and staple them inside the toothbrush handle. Staple or glue the rest of the handle closed.

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

3. Have your children write their names on the toothbrush book.

4. Instruct your children to take their brushes home. Every time they brush their teeth they should tear out one page of the book from the appropriate day. Tell them to bring their brushes back when they have torn out all the bristle pages.

Note: Instead of having them tear out the pages, you can have them put stars on the days that they brush their teeth.



Toothbrush Handle Pattern

9 Easy Ways to Use Less Plastic

Plastic is one of the most prominent pollutants of our earth and ocean.
It just makes sense to find easy ways to use less.



Tip 1

Drink out of glasses.



Tip 2

Use a stainless water bottle and stop buying bottled water.



Tip 3

Keep a real (metal or wooden) spoon and fork in a baggy in your car, and at your desk.



Tip 4

Purchase wooden toys.



Tip 5

Use only real or biodegradable plates.



Tip 6

Save glass jars and use them instead of Tupperware.



Tip 7

Bring cloth bags to the grocery store, say no to store clerks when they want to put your item(s) in a plastic bag.



Tip 8

Compost so you use fewer garbage bags.



Tip 9

Buy grocery items packaged in glass instead of plastic when possible.



Cool way to re-use plastic

We're all probably cutting down on plastic bottle use, anyway. But when you *do* use a plastic bottle, its cap often can't be recycled. Do you pitch it, or put it to a new use? Here's one idea that will have you saving the cap to use time and again:



This idea has been floating through a series of forwarded emails and we wanted to share it with you here:

Cut the threaded portion of the bottle neck from the bottle.

Push a plastic bag up through the removed bottle neck, fold the bag down over the neck, and twist on the lid.

This seals the bag, making it air or water tight for storage! So useful for sealing bulk items in plastic bags - isn't that cool?



Let's Learn Manners

Where the Dinosaurs Roam

I went to a land....not far from here where dinosarus roamed with manners I'd fear.

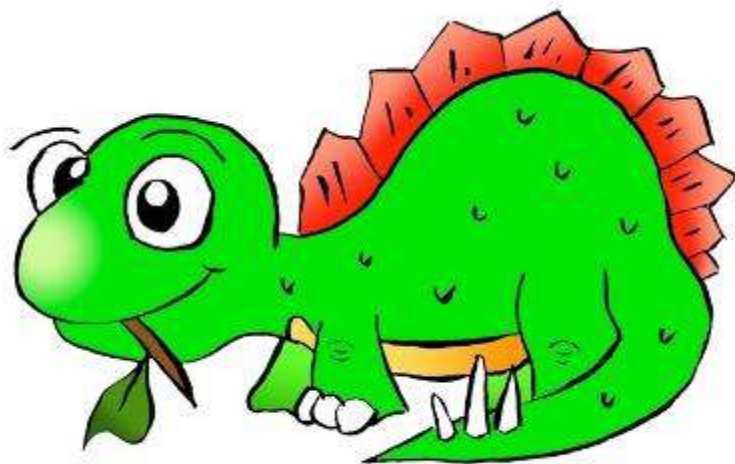
First of all I came across STINGY-STEGO. He's big and greedy. He thinks he should always be first in line, first one to play games, first one to eat, first one for everything. He acts like he is the only one thats important. He turns green with envy if you have something that he doesn't. He gets upset until he gets what he wants...and then he's happy. However, by then he's made everyone else miserable! But he's to greedy to realize that.

I quietly sneaked out of STINGY-STEGO's and no sooner had I left, I came upon an ANGRY-OSAURUS. Now he's okay to be around if he's happy, but if everything doesn't go his way, you better watch out!! He gets really pouty and really angry! He gets upset and angry if he has to do chores, if he doesn't get called on first in school, or if he has to share his toys. He never has any fun because he is too busy pouting and being angry. Do you know any ANGRY-OSAURUS' in your land?

Better watch out, here comes TATTLE-ACHODON! She is always on the look out for someone to tattle on. She doesn't play with others very much because she is too busy looking for people doing something wrong so she can tattle on them.

After coming across the TATTLE-ACHODON I decided this trip into the land not far from here was pretty exhausting, so I stopped for a picnic lunch high up in a tree. All of the sudden I heard a terrible noise! It was the YELL-ADACTYL, and boy was he noisy! You could hear him everywhere! He zooms and yells wherever he goes, he may not be very big, but he is very loud. Have you ever heard the voice of a YELL-ADACTYL before? I climbed out of that tree as quickly as I could!

Boy, I didn't know which way to go! No matter which way it went I seemed to come across something with horrible manners! Wouldn't you know the next one I'd see would be RUDE-REX.



Where the Dinosaurs Roam...

He always wants to be the center of attention. He doesn't think it's important to say please or thank you. He doesn't ask permission and he takes whatever he wants. He doesn't have any manners, and if he's not careful pretty soon he won't have any friends. Have there been any sightings of RUDE-REX near your place?

Oh dear, up next here comes POUT-ASAURUS. Shhhh!! You have to be really careful what you say around her because she gets her feelings hurt very easily. She is always sad about something, like she can't draw as well as everyone else, or her friend can't come over to play. She is always getting her feelings hurt and nothing looks very good to the POUT-ASAURUS.

Uh-oh! I think I see BUTT-IN-BRONTO! I better hurry and talk before he gets here or else he will butt in and I won't get a chance. Whenever anyone else tries to talk BUTT-IN-BRONTO interrupts and talks louder and louder until he takes over the whole conversation. I wish BUTT-IN-BRONTO would just butt out!

Oh my goodness, here comes POKY-CERATOPS! I almost forgot about her. She is always late to everything. She pokes around until the last minute and then can't catch up. Her mother has to ask her 5 times to get dressed, and when she finally does she is almost late to school! Have you seen a POKEY-CERATOPS in your territory?

Well, it sure has been a long day. I decided to head home when I came upon the most gorgeous sight you have ever seen. I saw the most colorful dinosaur of all. He had a smile on his face like you wouldn't believe. I realized this must be the HAPPY-OSAURUS!! This dino is everyone's friend. He is polite and kind and never interrupts. He is not stingy and is always willing to share. He never pouts and rarely tattles or whines. Sure, sometimes he gets sad and discouraged, but then he chooses to be happy and everyone loves to be around him.

I think I know what makes HAPPY-OSAURUS different from all the other dinosaurs....he's polite, friendly and most of all he's happy! He's the kind of dinosaur you want to be around and he knows he's special too!



I sure hope you're lucky enough to have lots of HAPPY-OSAURUS' living at your place. Because just like dinosaurs are extinct, hopefully bad manners are extinct at your house too!!

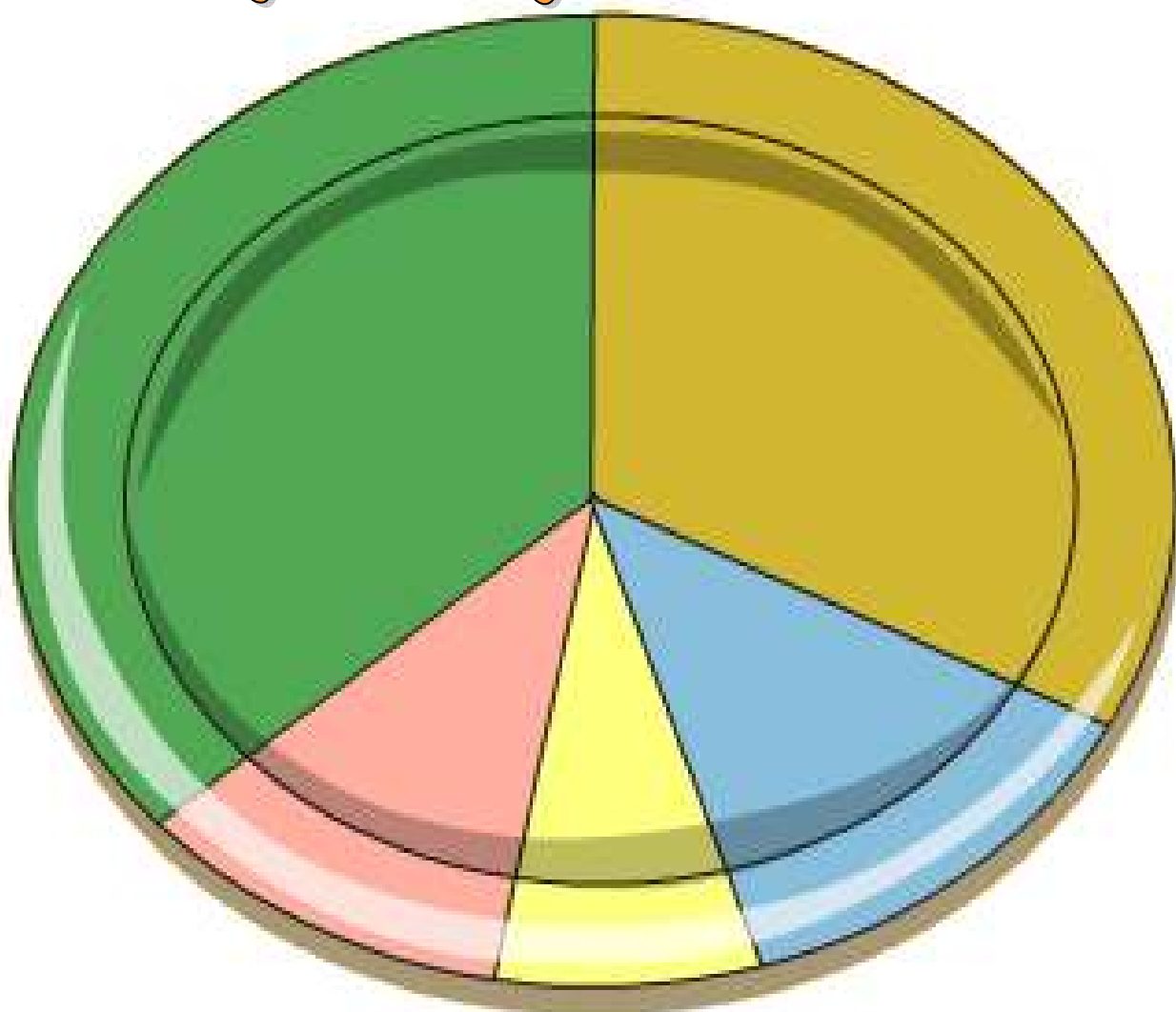
Healthy Eating

Foods can be divided into different groups. We need to eat from each of the groups to stay healthy.



Food gives the body the energy it needs for all growth and repair of our body. Food helps our body to function properly.

Healthy Eating Food Plate Craft



Fruit Dessert

What do we need:

- Fruits of your liking
- Digestive Biscuits
- Yogurt
- Plastic Cup
- Teaspoon

How do we do it:

- Start by crushing the digestive biscuits.
- Cut different fruits or the fruit of your liking in small pieces.
- Cover the bottom of the plastic cup with a layer of crushed digestive biscuits.
- Fill another layer with Yogurt
- Then add another layer with the fruit or fruits of your liking.
- Repeat the same process until you fill up the cup.
- Place the dessert in the refrigerator to cool it.
- Buon Appetite!!



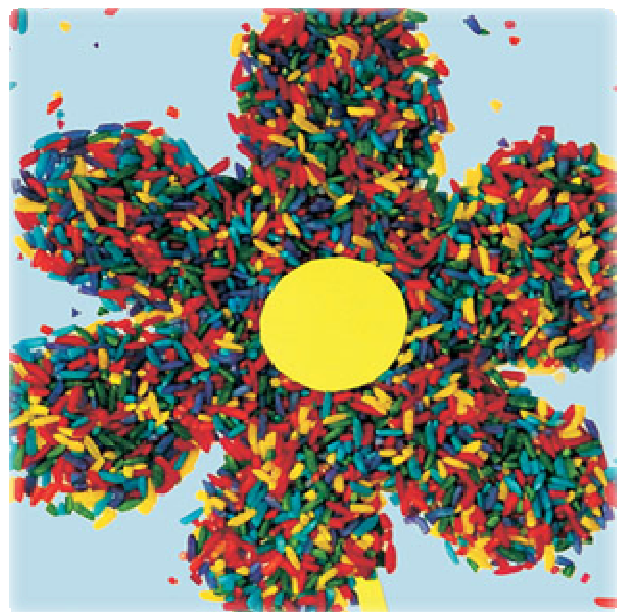
Potato Printing



- Cut a large potato in half. Press the cookie cutter into the centre of the potato. Then, leaving the cookie cutter in the potato, slice a rather thick slice around the pattern of the cookie cutter.
- Apply paint to the pattern.
- Press the potato with the pattern on a piece of paper.
- Choose different patterns and use many colours.

Rice Collage

- After making Coloured Rice the beavers can choose a picture of their liking to fill in with the rice.
- Spread some white glue on the area which is going to be used..
- Sprinkle the rice on the area.
- Keep on doing the same process until the whole picture is filled.



Abitudnijiet Tajbin *Good Habits*

Mela darba.....

Darba fost l-ohrajn, kien hemm tifel li, flimkien mal-familja tieghu, bidel id-dar fejn kien joqghod. Meta dahal fil-kamra l-gdida tieghu, sabha mimlija gugarelli, kotba tal-istejjer, biros, lap-sijiet.....kollha f'pochom. Dakinhar laghab b'kull ma sab. Imma meta mar jorqod halla kollox fid-dizordni.

B'ghageb kbir, meta qam, sab kollox imqieghed f'postu. Hu kien zgur li hadd ma kien dahallu fil-karma. Imma ma tantx ta kas. L-istess haga regghet grat dakinhar u l-ghada wkoll. Imma meta wasal ir-raba' jum, u mar jaqbad l-ewwel gugarell, il gugarell kien pront qabizlu min idu, waqt li b'vuci soda qallu: "ma rridx nilghab mieghek".

It-tifel haseb li kien qed jhewden. Imma beda jigrilu ezatt l-istess haga, b'kull gugarell li jaqbad. Sakemm fl-ahhar it-'teddybear' l-antic tieghu qallu: "Ghaliex qed tiskanta li ma rridux nilghabu mieghek, meta inti dejjem thallina tant 'il boghod minn fejn suppost inkunu, il-post fejn ahna nhossuna l-iktar kuntenti u komdi? Qatt hsibt x'battikata jrid jiehu ktieb biex isib postu fuq l-ixkaffa? Int ma tafx kemm hi skomda u kiesha l-art. Ma nilaghbux mieghek qabel twieghedna li tibda tqieghdna f'postna".

It-tifel irrifletta kemm kien ikun komdu u kuntent fis-sodda, u kemm ittratta hazien lil hbiebu.

Talabhom jahfrulu u ikkorega ruhu.

Castle Desk Tidy

You have a lot of pens and pencils but nowhere to store them properly? Well here's an eco-friendly craft that can help you tidy up your desk whilst doing a good deed towards the environment by using recyclable material.

What you'll need:

- 4 cardboard tubes
- Small box
- Pink/blue card board paper
- Paint of your choice
- Black pen
- Glue
- Sequins/glitter/pens



How to make it:

- Cut any flaps off the box.
- Trim tubes to size so that they are a couple of inches taller than the box.
- Glue one tube into each corner and leave to dry.
- Paint castle in and leave to dry.
- From the card cut out two side-plate sized circles.
- Cut the circles in half to make 4 semi-circles.
- Roll the semi-circles into cones and tape to secure. These should be placed (not glued) onto the towers as roofs, so that they become "lids" to the containers within the towers.
- For the door way / front tower, draw a rectangle as tall as the box and about 2 inches wide, with an arch at the top (see photo) and cut out.
- Glue the front tower to the middle of one of the wide sides.
- With the black pen draw windows and doors.
- Use sequins, glitter, pens, etc to decorate.

Now you can store your pens and pencils in the towers and your pencil sharpeners and erasers in the base of the castle.

