



***My Activity Book:
6 Weeks of Learning
and Fun!***



Week 1

Let's Keep it Clean!

INTRODUCTION FOR CAREGIVER

The HCQU has designed 6 activity books to help people learn and grow in various ways. Each book has a theme and includes daily activities related to the theme for that week.

Encourage those who are able to work on the books to complete them as independently as possible. Some self-advocates will require your assistance to complete the activities in the book. You may want to read through each book before anyone starts working on it to make sure all necessary supplies for the activities are available. We encourage caregivers to participate in the activities, as there are opportunities to learn, create, move, and have fun. Self-advocates may be more likely to complete the learning in the books if they are doing it with someone else.

We hope that these books spark new things to do as well. The theme for each week can promote conversation between you and those in your care and lead you to explore other areas of interest. Feel free to add more information to the topics of each week; make it specific to the person using the book and consider their abilities. Most of all, have FUN with it!

HOW TO USE THE INFORMATION OFFERED IN THESE BOOKS

It is best to review this guide slowly and focus on one section at a time, encouraging the person to talk and/or ask questions after each idea/page is presented.

For best practices:

- Allot time to review this material when the individual is alert and interested.
- Ensure that the setting is free from distraction.
- Ensure any necessary materials are available and accommodating for the person.
- Review each daily activity, explain it to the individual, then practice it with the person.
- Remain positive, calm, and upbeat.
- Remember to offer positive reinforcement and encouragement along the way, especially when the person is making an effort to participate.

DAY 1 – KEEP YOUR BODY CLEAN



TAKE A SHOWER OR BATH EVERY DAY

To be clean, it's important to wash all over your body with soap and water.

It's also important to wash your hair a few times a week.

Don't forget the area behind your ears, your armpits, where your legs meet your private parts, your private parts, under a woman's breasts, under your belly, and the back of your neck.

If you can't reach a part of your body, ask your caregiver or family member for help. They can help you, or get you a device that can help you reach the area that's hard to reach.

When you are all done, be sure to rinse off all the soap with water and pat your body dry.

Dry all areas of your body, even in between your toes!

Put on deodorant, and if you like, body powder.

Put on clean clothes, and you are done! You did it! You took a shower or bath.

Go to the next page for a fun activity!

MATCH GAME ACTIVITY

Draw a **LINE** from the **PICTURE** to the **MATCHING WORD**



DRYING TOES



TAKING A BATH



TAKING A SHOWER



WASHING THE BACK

DAY 2 – KEEP YOUR MOUTH CLEAN

It is important to keep your mouth, teeth, gums and tongue healthy, clean and germ free.



To Keep Your Mouth Healthy:

- ◇ Brush your teeth with a toothbrush and toothpaste at least 2 times a day.
- ◇ Floss your teeth at least once a day.
- ◇ Replace your toothbrush every 3 to 4 months or if it looks like the bristles are getting frayed or after you were sick.
- ◇ Visit a dentist at least once a year for a check up.
- ◇ Avoid sugary foods. Bacteria and germs like to grow on these foods in your mouth.
- ◇ Don't use tobacco products.

DAY 2 – KEEP YOUR MOUTH CLEAN - (continued)

Brush Your Teeth Two Times A Day!

1. Use toothpaste with fluoride to help keep your teeth strong. There are a lot of different flavors of toothpaste, so you can find one that you like best.



2. Use your toothbrush to make small, back and forth strokes over your teeth. It is important to brush all parts of every tooth in your mouth. The part of your tooth where you chew food, the front and the back. If you are having a hard time reaching a part of your mouth, ask your caregiver for help.

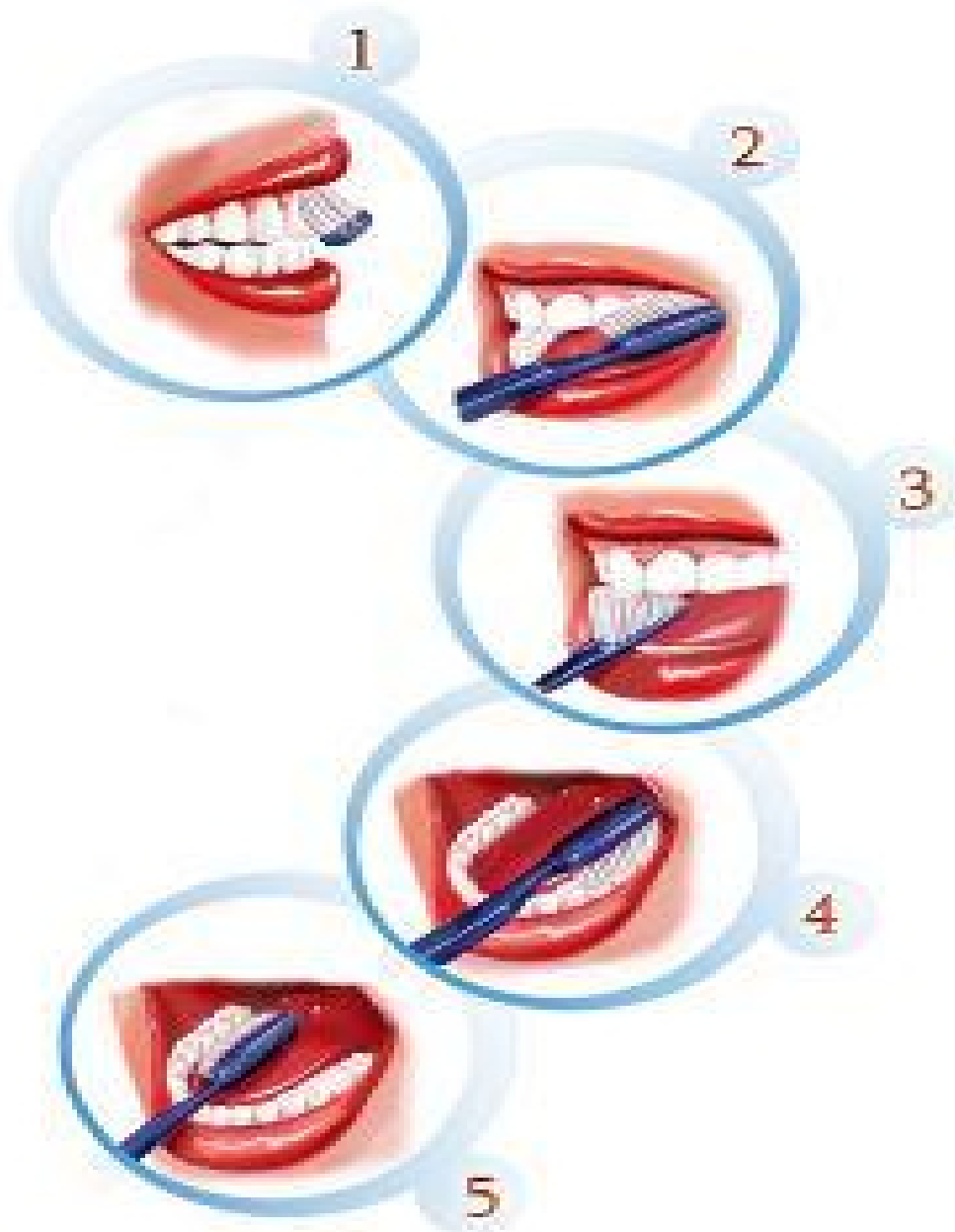


3. Once you are finished brushing your teeth, brush your tongue. It has germs on it too. This will help keep your entire mouth clean.
4. Don't forget to use dental floss to clean between your teeth at least once a day.
5. Finally, rinse out your mouth when you are all finished.



You Did It! Great Job!

Use the pictures below for some tips on how to brush your teeth twice a day.



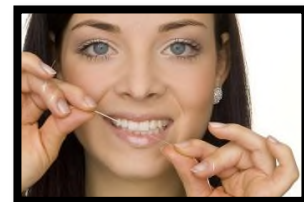
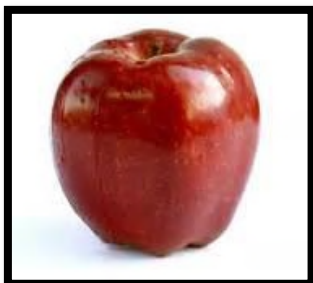
To watch a short video from the American Dental Association on how to brush your teeth, use the link below.

[Brush Teeth - American Dental Association \(mouthhealthy.org\)](http://mouthhealthy.org)

Healthy Mouth Activity

O circle the items that **ARE** healthy to put in your mouth

X over the items that **ARE NOT** healthy to put in your mouth



DAY 3- WASH YOUR HANDS

It's important to wash your hands

- ◇ **Before** touching foods, such as before making a sandwich
- ◇ **Before** all meals
- ◇ **After** going to the bathroom
- ◇ **After** petting animals
- ◇ **After** taking out the garbage
- ◇ **After** blowing your nose
- ◇ **When** you see dirt on your hands



How to Wash Your Hands


1. Wet hands with water.
2. Put soap on hands.
3. Scrub hands for at least 20 seconds. Sing the "Happy Birthday" song 2 times.
4. Rinse hands.
5. Dry hands using a clean towel, or let air dry them.

Practice washing your hands with soap and water.

HAND SANITIZER

When Soap and Water Are Not Available

Always use soap and water when you can. If you don't have soap and water, you can use hand sanitizer. Hand sanitizer is a gel that cleans your hands and removes most of the germs you cannot see. Here's how to use hand sanitizer:

1. Pour a dime-sized  amount of hand sanitizer in the palm of your hand.
2. Rub the sanitizer gel all over your hands, front and back.
3. Keep doing this until your hands feel dry.
4. When your hands are dry, they are clean!



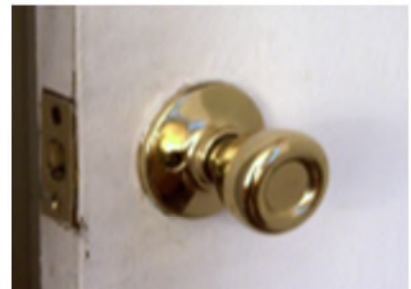
Practice cleaning your hands with hand sanitizer.

You did it!
You have clean hands!

Note to Caregiver: Talk with the person about times when hand sanitizer might be used, such as in a park, when in the drive through line at a fast food restaurant, or the beach.

DAY 4- KEEP THE HOUSE CLEAN

Germs can live on the surfaces of things in our homes that we use or touch everyday. These pictures show items people touch everyday. Can you name others?



Go to the next page for a fun activity!

***Note to Caregiver:** Help the person identify these objects and discuss how germs live on them. Encourage them to name other items, too.*

WHERE GERMS HIDE ACTIVITY

1. Cut out all of the germs below.
2. Tape them every place that you touch in your home.
3. See how many places that the germs can be hiding!



DAY 5 – COVER YOUR COUGH OR SNEEZE



Germs can spread by coughing or sneezing

If you have to cough or sneeze:

- ◆ Cover your nose and mouth with a tissue.
- ◆ If you don't have a tissue, use your elbow.
- ◆ If you used a tissue, throw the tissue in the garbage .
- ◆ Wash your hands with soap and water, or use hand sanitizer.



Go to the next page for a fun activity!

FUN ACTIVITIES!

Click on the link below to watch a video about how far and how fast a single sneeze travels!

<https://www.youtube.com/watch?v=DKJ-jVs06Ms>

Practice covering your mouth and nose.

Pretend you are going to cough or sneeze. Use a tissue to cover your mouth or nose, or cough or sneeze into your elbow to keep others safe from your germs.



You did it!

You covered your cough or sneeze!

DAY 6- WASHING YOUR LAUNDRY

Washing your clothes is important for a healthy body. Dirty clothes can have dirt, sweat and germs on them.

To wash your clothes follow a few simple steps:

- ◆ **Gather all of the clothes that need to be washed.**
- ◆ **Before you place your clothes in the washing machine:**



Check the labels on the clothes to make sure it is ok to wash them in a washing machine.

Some people separate their laundry into multiple loads because of color—darks, lights, whites, reds, or material—towels, sheets, delicates.



This is something your caregiver can help you with if you are not sure.

- ◆ **Once you are ready to put your dirty clothes into the washing machine, follow the rules for the machine**

Each washing machine is different. Many washing machines ask you to choose the amount of water needed, temperature of water, and type of clothing you are washing.

- ◆ **Put the correct amount of detergent in the washing machine and make sure the lid is closed before starting.**
- ◆ **Once your clothes are cleaned, remove them from the washing machine and either place them in the dryer or hang them on a clothesline to dry.**
- ◆ **Finally, once your clothes are dry. Fold them and put them away.**

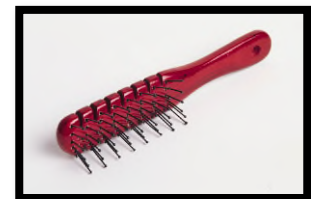


**Great Job!! You Just Washed
Your Own Laundry!!**



WASHING LAUNDRY ACTIVITY

What would you put in the washing machine? Draw a line from the washing machine to the item that can be washed. **X** any item that you would not clean in a washing machine.



DAY 7—CLEAN BEDS

Wash your bed linens at least once a week.



Bed linens are:

Fitted bottom sheet

Flat top sheet

All pillowcases



Wash them more often if they look dirty or smell bad.

It is important to wash your bed linens to keep your body healthy.

Dirty bed linens can have sweat, germs, dirt and dust collected on them. When you sleep, dirty bed linens can irritate your skin.

Washing all of your bed linens at least once a week can keep you healthy and happy while you sleep.



DAY 7—CLEAN BEDS

H	C	Q	U	A	G	S	S	T
R	S	L	Y	A	W	N	H	R
C	O	M	F	O	R	T	E	R
O	F	P	A	Y	G	L	E	P
T	T	O	B	X	O	P	T	I
T	P	I	L	L	O	W	S	L
O	T	Q	A	C	D	F	P	L
N	Y	C	N	M	N	L	E	O
S	I	L	K	O	I	U	W	W
S	L	E	E	P	G	F	N	C
A	E	A	T	I	H	F	O	A
B	E	N	S	T	T	Y	Z	S
N	A	P	V	Y	T	S	R	E

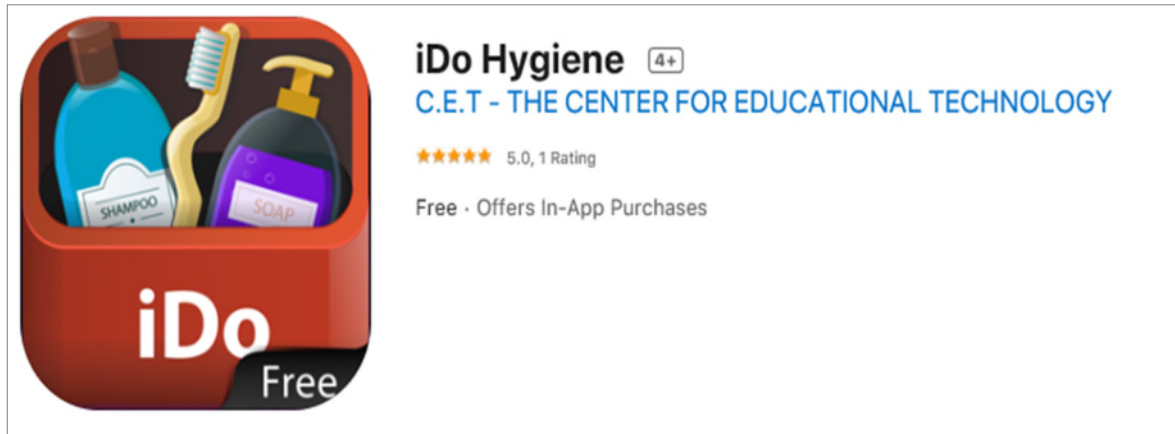
Find the hidden words that may remind you of your bed

**BLANKETS
COMFORTER
FLUFFY
NAP
PILLOW CASE
SILK
SOFT**

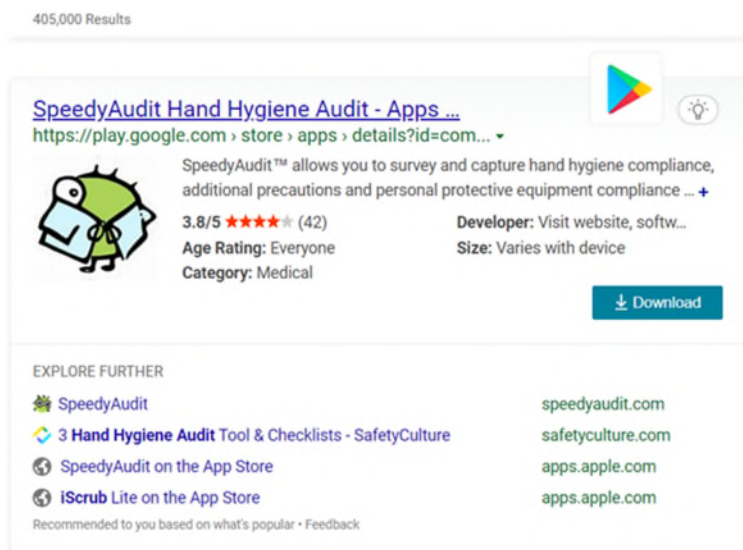
**CLEAN
COTTON
GOODNIGHT
PILLOWS
SHEETS
SLEEP
YAWN**

RESOURCES FOR YOU AND YOUR CAREGIVERS

- ◆ [iDo Hygiene on the App Store \(apple.com\)](https://apple.com)



- ◆ [SpeedyAudit Hand Hygiene Audit - Apps on Google Play](https://play.google.com)



REFERENCES

American Dental Association (ADA) - Healthy Mouth. (n.d.). *Brushing Your Teeth*. Retrieved August 15, 2022, from <https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>

Arial. (n.d.). *Keep Clean, Keep Hygiene*. Retrieved July 2021, from <https://www.ariel.co.uk/en-gb/how-to-wash/how-to-do-laundry/laundry-hygiene-tips>

App Store Preview. (n.d.). Retrieved on August 15, 2022 from [iDo Hygiene on the App Store \(apple.com\)](https://www.apple.com/ios/health/)

SpeedyAudit Hand Hygiene Audit - Apps on Google Play. (n.d.). Retrieved on August 15, 2022 from [SpeedyAudit Hand Hygiene Audit - Apps on Google Play](https://play.google.com/store/apps/details?id=com.speedyaudit.handhygieneaudit)

CDC (2021, February 1). *Oral Health Tips*. Retrieved August 15, 2022, from <https://www.cdc.gov/oralhealth/basics/adult-oral-health/tips.html>

CDC. (2020). *Coughing and Sneezing*. Retrieved August 15, 2022 from https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html#:~:text=To%20help%20stop%20the%20spread,your%20elbow%2C%20not%20your%20hands

CDC. (2020). *Handwashing: Clean Hands Save Lives*. Retrieved August 15, 2022 from <https://www.cdc.gov/handwashing/when-how-handwashing.html>

Sleep Foundation. (2022, March 11). *How Often Should You Wash Your Sheets?* Retrieved August 15, 2022 from <https://www.sleepfoundation.org/bedding-information/how-often-should-you-wash-your-sheets>

SlideShare. (2014, April 9). *Step By Step Laundry*. Retrieved August 15, 2022 from <https://www.slideshare.net/charlesblayne/step-by-step-laundry-picture-prompts>



For additional information regarding this activity
book or
any of our physical or behavioral health trainings,
contact

Kepro SW PA Health Care Quality Unit
(Kepro HCQU)

hcqu.kepro.com

August 2022