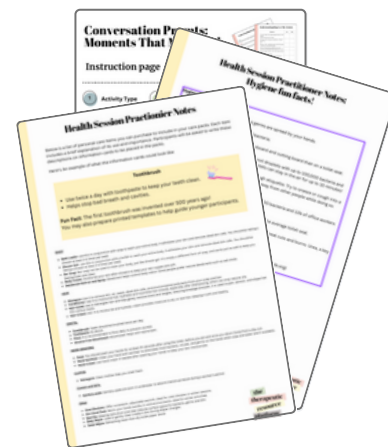


# Health Session: Clean & Kind Kits

## Instruction page



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### Activity Type

**Age:** 10-18+

**Participation Style:**  
1-1 activity  
Small group activity

**Theme:**  
Reflective, mindful

#### Resource Format:

Practitioner instructional too,  
Interactive activity:  
Conversation cues  
PDF interactive  
conversion tool

**Challenge Level**  
**EASY**

2

### General Activity Info

#### Purpose:

This activity promotes awareness of personal hygiene through a gentle, indirect approach. By creating hygiene packs for people in need, children learn the importance of self-care while developing compassion and responsibility. It also opens the door for subtle, stigma-free conversations about health and hygiene.

#### Therapeutic Benefit:

- Builds empathy and a sense of purpose.
- Promotes self-care knowledge without embarrassment.
- Helps children recognise the benefits of hygiene tools in a non-judgmental way.
- Encourages healthy habits through hands-on learning.

#### Target Group:

Children and young people, especially those who may struggle with or avoid discussions around hygiene.

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### Materials Needed

- Below is a list of suggested items to include in the care packs/health kits, along with further supporting information to guide the activity.

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### Step by Step Instructions

#### 1. Introduce the Project (5–10 minutes)

- Begin by explaining that you'll be making hygiene care packs for people in the community who may not have access to basic hygiene items. Emphasise the kindness aspect: "Sometimes people don't have everything they need to take care of themselves. We can help by putting together packs that make them feel clean, healthy and cared for."

#### 2. Group Discussion: What Goes in a Health Pack? (5 minutes)

- Discuss everyday hygiene essentials. Ask questions like:
- "What helps you feel fresh in the morning?"
- "What would someone need to stay clean and healthy?"
- Show the example items (see list below) and pass them around if appropriate.

#### 3. Health Facts & Info Card Creation (10–15 minutes)

Each participant chooses 1–3 items from the health pack and creates an info card for it, including:

- What it is
- How to use it
- Why it's important
- A fun fact (optional)

#### 4. Pack Assembly (10 minutes)

- Provide small bags, boxes, or pouches.
- Let participants add a variety of items along with their info cards.
- Encourage them to make the packs thoughtful—perhaps adding a handwritten note or decoration.

#### 5. Subtle Self-Care Talk (During or After Pack Assembly)

- Casually mention:
- "It's a really great idea to have a little kit like this for yourself too—sometimes just having everything in one place makes self-care easier."

This creates an opening for children to reflect on their own hygiene needs without feeling singled out.

#### 6. Donation Plan (Optional)

- Decide together where the extra packs will go—local shelters, schools, or food banks.
- This helps reinforce empathy and community connection.

# Health Session Practitioner Notes

Below is a list of personal care items you can purchase to include in your care packs. Each item includes a brief explanation of its use and importance. Participants will be asked to write these descriptions on information cards to be placed in the packs.

Here's An example of what the information cards could look like:

## Toothbrush

- Use twice a day with toothpaste to keep your teeth clean.
- Helps stop bad breath and cavities.



**Fun Fact:** The first toothbrush was invented over 500 years ago!  
You may also prepare printed templates to help guide younger participants.

### BODY

- **Bath Loafers:** Use this in conjunction with soap to wash your entire body. It exfoliates your skin and removes dead skin cells. You should be taking a shower at least 2-3 times per week.
- **Shower Gel:** Use this in conjunction with a loofah to wash your entire body. It exfoliates your skin and removes dead skin cells. You should be taking a shower at least 2-3 times per week.
- **Bar Soap:** Bar soap can be used to clean your body, just like shower gel. It's simply a different form of soap, and it works just as well to keep you feeling fresh and clean. **Body Cream:** moisturise your skin after showers to keep your skin supple and soft.
- **Deodorant Roll-on and Spray:** Deodorant helps control body odour. Some people prefer natural deodorants such as salt sticks.

### HAIR

- **Shampoo:** Use it to remove dirt, oil, sweat, dead skin cells, and environmental pollutants from your scalp and hair.
- **Conditioner:** Use it to moisturise hair, hydrate and nourish hair strands, especially after shampooing, which can strip natural oils.
- **Hair Comb:** Use to detangle hair and help gently remove knots and tangles, reducing breakage and pain. It is used to part, section, and shape hair into various styles.
- **Hair Cream:** Use it to moisturize and hydrate. The cream provides moisture to dry or dull hair, keeping it soft and healthy.

### DENTAL

- **Toothbrush:** Teeth should be brushed twice per day.
- **Toothpaste:** As above.
- **Floss:** It is recommended to floss daily to prevent cavities.
- **Alcohol Free Mouthwash:** Mouthwash helps with bad breath.

### HAND WASHING

- **Soap:** You should wash your hands for at least 20 seconds after using the toilet, before you eat, and once you return home from a day out.
- **Hand Sanitiser:** Clean your hands with sanitiser to eliminate most bacteria, viruses, and germs on the hands when soap and water aren't available.
- **Hand Cream:** Use hand cream if needed after washing your hands to keep your skin moisturised.

### CLOTHS

- **Detergent:** Clean clothes help you smell fresh.

### WOMEN AND GIRLS

- **Sanitary pads:** Sanitary pads are worn in underwear to absorb menstrual blood during a woman's period.

### OTHER

- **Heat Blankets:** Offer consistent, adjustable warmth, ideal for cold climates or winter seasons.
- **Hot Hand Pads:** Warm your hands quickly in cold environments, ideal for winter activities.
- **Nail file:** keeping nails short and neat reduces surface space for bacteria, germs and dirt.
- **Baby Wipes:** used to gently clean a baby's skin during diaper changes.
- **Toilet Wipes:** Refreshingly cleaner than dry toilet paper alone.

# Health Session Practitioner Notes:

## Hygiene fun facts!

### Hygiene fun facts!

1. Nearly 80 percent of illness-causing germs are spread by your hands.
2. Your remote control is a top carrier of bacteria.
3. There are more germs on your phone, keyboard and cutting board than on a toilet seat.
4. Did you know that when you sneeze, you shoot droplets with up to 100,000 bacteria and viruses into the air at 100 mph? And those droplets can stay in the air for up to 10 minutes!
5. That's why it's important to practice proper cough etiquette. Try to sneeze or cough into a tissue, a sleeve or your elbow if possible, and turn away from other people while doing so. Finally, wash your hands once you're done.
6. The average computer keyboard harbours around 7500 bacteria and 11% of office workers never clean them.
7. The average work desk is actually 400 times dirtier than the average toilet seat.
8. Ancient Egyptians and Aztecs rubbed urine on their skin to treat cuts and burns. Urea, a key chemical in urine, is known to kill fungi and bacteria.
9. 49% of Britts shower once a day. (yougov.co.uk)
10. 4 in 10 British adults brush their teeth just once a week! (Studyfinds.org)

# Laundry

## SYMBOLS GUIDE



Machine Wash  
Normal



Machine Wash  
Perm Press



Machine Wash  
Delicate



Wash at or  
below 30°C  
or 80°F



Wash at or  
below 40°C  
or 105°F



Wash at or  
below 50°C  
or 120°F



Wash at or  
below 60°C  
or 140°F



Wash at or  
below 70°C  
or 160°F



Wash at or  
below 95°C  
or 200°F



Do Not Wash



Hand Wash,  
Normal



Do Not  
Wring



Bleach



Do Not  
Bleach



Non-Chlorine  
Bleach



Natural Dry



Line Dry



Shade Dry



Drip Dry



Tumble Dry,  
Low Temp



Tumble Dry,  
Med Temp



Tumble Dry,  
High Temp



Tumble Dry,  
Normal



Tumble Dry,  
No Heat



Dry Flat



Do Not  
Tumble Dry



Do Not  
Dry



Iron



Iron,  
Low Temp



Iron,  
Med Temp



Iron,  
High Temp



Do Not  
Iron



Steam



Do Not  
Steam



Dry Clean



Do Not  
Dry Clean