

# Weekly Practice Worksheet

6th Grade · Life Skills & Health · Week 1 (Quarter 1)

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## Personal Health & Hygiene

This week's focus: Personal hygiene basics

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Monday: Introducing Personal hygiene basics

#### Learning Objective

Students can explain why personal hygiene basics matters in daily life.

#### Practice

Guided discussion and note-taking on key strategies.

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#### Check-In / Reflection

Exit ticket: one takeaway about personal hygiene basics.

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## Tuesday: Exploring Personal hygiene basics

### Learning Objective

Students can identify strategies related to personal hygiene basics.

### Practice

Groups share strategies with the class.

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### Check-In / Reflection

Teacher checks group notes.

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## Wednesday: Practicing Personal hygiene basics

### Learning Objective

Students can practice a skill related to personal hygiene basics.

### Practice

Peer feedback after role-play/activity.

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### Check-In / Reflection

Short reflection on what was practiced.

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## Thursday: Applying Personal hygiene basics

### Learning Objective

Students can apply personal hygiene basics to a personal plan or example.

### Practice

Partner share of personal plans.

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### Check-In / Reflection

Plan submitted for teacher feedback.

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## Friday: Reflect & Share: Personal hygiene basics

### Learning Objective

Students can reflect on their learning about personal hygiene basics.

### Practice

Volunteers share reflections with the class.

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### Check-In / Reflection

Completed reflection collected.

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