

You Matter!

December Newsletter

2026-2027 | 3-5



Name: _____

Grade: _____ Teacher: _____



The Big Why

You are special, strong, and important, just the way you are! Taking care of yourself helps you feel healthy, confident, and ready for each day.

Hygiene (*HY-jeen*) means taking care of your body and keeping it clean and healthy. This includes washing your hands, brushing your teeth, taking baths or showers, and wearing clean clothes.

When you take care of yourself inside and out, you're ready to learn, play, help others, and shine bright every day!

Take the Challenge

Help Your Snowman become a **Healthy Hygiene Hero!**

Complete each hygiene challenge, then add the matching part or accessory to your snowman.

BRUSH YOUR TEETH ➔ Add a sparkly smile!

Challenge: What are two reasons brushing your teeth is important?

1. _____
2. _____

WASH YOUR HANDS ➔ Add arms and mittens!

Challenge: Check the situations when you should wash your hands.

- ☐ Before eating
- ☐ After using the bathroom
- ☐ After coughing or sneezing
- ☐ After playing outside
- ☐ Only when your hands look dirty

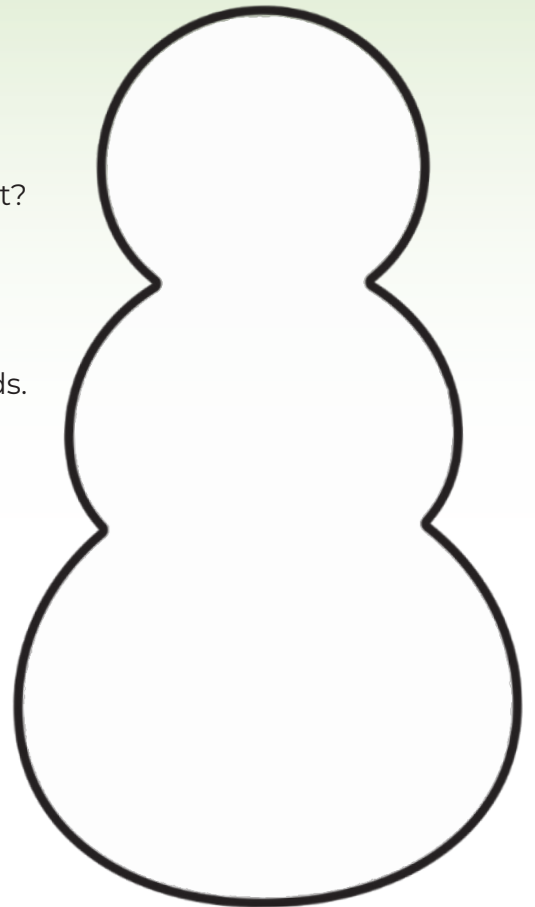
TAKE A BATH OR SHOWER ➔ Add a scarf!

Challenge: It is important to shower or take a bath because

COVER COUGHS AND SNEEZES ➔ Add a winter hat!

Challenge: Check the best way to cover a cough or sneeze?

- ☐ Your bare hands
- ☐ Your elbow
- ☐ The person next to you
- ☐ Nothing



Now finish decorating your snowman with all 4 hygiene-related parts and accessories!
Remember: Good hygiene helps you feel fresh, healthy, and ready to be your best!



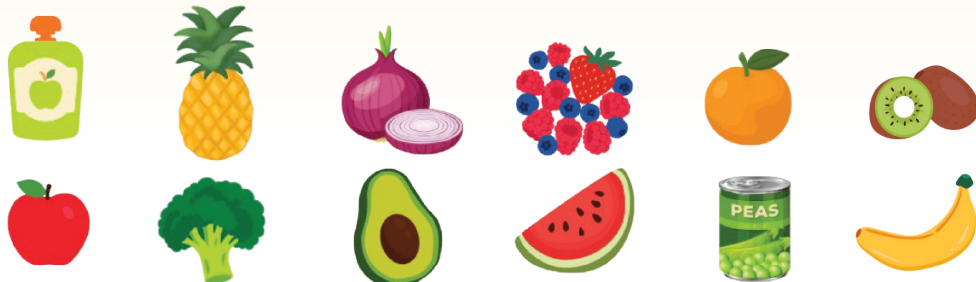
For more information and activities visit:
www.FitnessForKidsChallenge.com



Just like cars go through a car wash to get clean, fruits and veggies need a little “wash” before we eat them! Rinsing fruits and veggies with clean, running water helps wash away dirt and germs you can’t see!

Instructions:

Circle the foods that should go through the “car wash” before eating.



Bonus! What should you always do before eating?

W__SH YOUR HANDS!

Get Moving!

Build-a-Snowman Challenge!

Do 5 squats, 5 jumping jacks, and 5 arm circles to build your imaginary snowman!

Write here how many snowmen you can build in 30 seconds!

Fun Fact!

Invisible Invaders!

You can’t see most germs with your eyes. That’s why clean hands are like having an invisible shield!



Circle one thing you will focus on to take care of yourself today:

- Wash my hands for more than 20 seconds
- Brush my hair
- Brush my teeth for 2 minutes
- Get moving!
- Get 9 hours of sleep
- Take a shower or bath
- Drink more water



Family Corner

Family Challenge:

Everyone in the family gets to choose their own hygiene superpower!

Pick one healthy habit and complete the sentence:

“My hygiene superpower is

because it helps me

Then share your answers with each other!

Dream big and share your family's answers for a chance to **WIN!**
ADULTS: Scan the QR code monthly and take the quick survey.

Why was the soap so good at making friends?

It always helped everyone clean up!

