

# TAKING CARE OF YOU

LIZZY ROCKWELL



A Kid's Guide to Personal Hygiene

TEACHING TIPS

*Taking Care of You: A Kid's Guide to Personal Hygiene* is a fact-filled informational text overviewing important personal hygiene tips for young readers. Here are a few possible invitations, engagements, and extensions for interacting with the book and the topics it introduces.

## Pre-Reading Predictions and Connections

Examine the illustrations on the dust jacket and front cover of the book. Invite students to predict what aspects of self-care and 'taking care' of themselves the book might explore. Students might respond that the images suggest that we will learn about caring for our hair, our skin, our teeth, and our hands. Ask students to share what they already know about any of these topics and create a T-chart on the whiteboard or on an anchor chart listing what they know on the left hand side of the chart. As you read through the text and students learn new facts, add those facts to the right hand side of the T-chart.

## Visual Vocabulary

This informational picture book includes several great diagrams that help students understand important functions of their body including their skin, their nails, and their teeth. Spend some time exploring these diagrams with students and have them identify and describe how they work. How are items on the diagrams labeled? How are new words defined? What information is included? How are pictures used? How are words used? Have students brainstorm other body functions or terms introduced in the book that could also be described via a diagram. Ideas might include: microbes, germs, hair follicles, or cells. Have students work in small groups to research more about these terms and create a diagram similar to the ones they have explored in the book.

## "How To" Mentor Text Writing

In the book, readers encounter a boxed set of "how to" recommendations for "How to Protect Ourselves and Others from Germs" (p.17). Together as a class, choose another topic to create a how-to guide for. Topics could tie into health habits such as: how to stay safe on the playground, how to stay healthy at school, how to keep your belongings sanitary, or could be expanded to other school and community how-to topics such as how to take care of a pet, how to save water, or how to be kind to friends. Consider using a storyboard to support students in mapping out their writing, similarly to the six boxes of how to protect ourselves information found in the book.

## Growing Our Glossaries

Examine the glossary of the book with students after completing a read aloud of the text. Review the terms and definitions with students. Consider adding new vocabulary to a classroom academic vocabulary word wall or anchor chart or change to have students add important new terms to a personal vocabulary list in a writer's notebook. Complete a second read aloud of the text and have students add any additional new vocabulary they learn that is not already listed in the glossary to a classroom anchor chart of additional important new words. (Examples might include words like: droplet, scalp, or protective.) Have students add a picture clue to each new word they identify.

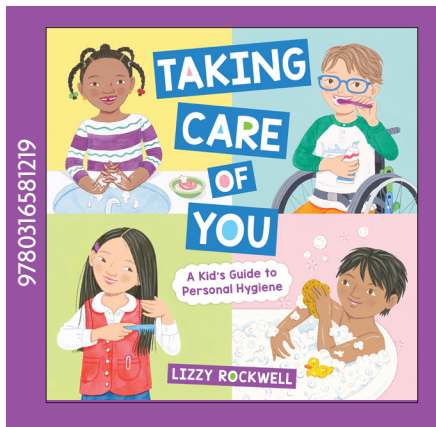


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## Synthesize and Share

After reading the book, have students write down in their notebook the three most important health tips or health facts they learned from the book. Provide sentence frames for students to use as a language support. After writing down all of their facts and tips, have students circle or highlight what they feel is the most important fact or tip they learned. Have students partner up and discuss their most important fact with another student. Sentence frames for a partner conversation might include:

Partner A: My most important fact is \_\_\_\_\_.  
I chose this fact because \_\_\_\_\_.

Partner B: I like your fact because \_\_\_\_\_.  
My most important fact was \_\_\_\_\_.

Partner A: Your fact is important because \_\_\_\_\_.

Ask each student to be ready to share their partner's important facts with the class.

## Healthy Haikus

In the book, readers learn important facts and healthcare tips about skin, hair, teeth, and nails. Have students create short poems that describe these body parts and the health tips they learned as a way of remembering the important information. Post these haikus around the room.

An example might be:

Healthy teeth are clean  
Brush morning and night each day  
Now our smiles glow

Consider other poetic forms such as definition poems, cinquains, or acrostics to help students summarize their learning from the book.

### 4-3-2-1 Content Countdown

Have students do a final review of the book with a four-part countdown. Have them summarize or list:

- 4 main topics of the book.
- 3 new facts they learned.
- 2 questions they still have.
- 1 place they can go to do research to learn more.

These Teaching Tips were created by Marie A. LeJeune, PhD.



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