



Ladybug's Clean Hands

Personal Health

IB PYP Grade 1

PSPE · Personal Health

Name _____ Class _____ Date _____ Score _____ / 16

A Number each list in the right order (1 to 4).

Washing hands

- ☐ Scrub for 20 seconds
- ☐ Rinse and dry
- ☐ Rub soap on your hands
- ☐ Wet your hands

B Circle Yes or No.

 Do we wash hands before eating? Yes No

 Do we wash hands after using the toilet? Yes No

 Do we brush our teeth twice a day? Yes No

 Do we sneeze into our hands? Yes No

C What is it used for? Match and write the letter.

1 

a to clean our hands

2 

b to wipe our nose

3 

c to clean our teeth

4 

d to wash our body

D Fill in the missing word.

germs soap bath teeth

We wash our hands with and water.

We brush our to keep them clean.

We take a to stay clean.

Clean hands stop from spreading.



Answer Key: Ladybug's Clean Hands

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For teachers and parents · check your child's work against these answers

A Ordering hand-washing and tooth-brushing steps (4 marks)

1. Washing hands: Wet your hands → Rub soap on your hands → Scrub for 20 seconds → Rinse and dry

B Hygiene habits (4 marks)

1. Yes 2. Yes 3. Yes 4. No

C Matching hygiene items to their jobs (4 marks)

1. 1 → a (to clean our hands) 2. 2 → c (to clean our teeth) 3. 3 → d (to wash our body)
4. 4 → b (to wipe our nose)

D Hygiene words (4 marks)

1. soap 2. teeth 3. bath 4. germs

Total: 16 marks · Accept any correct, clear answer. Colouring, circling and drawing answers may look slightly different.

