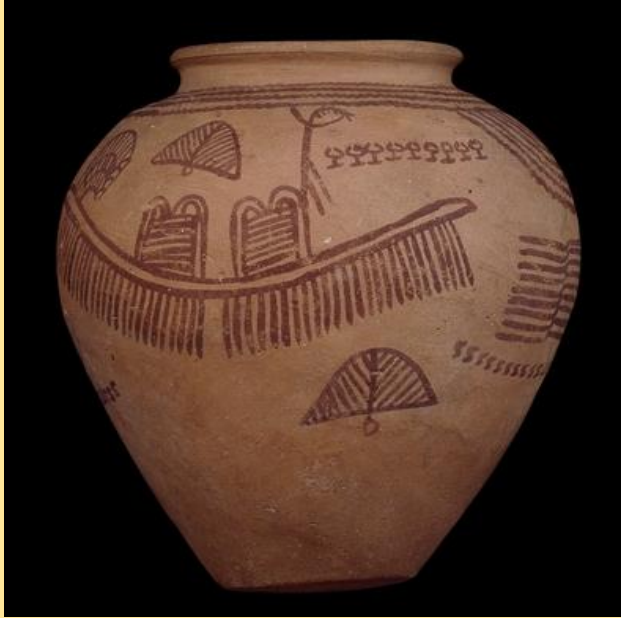


# Resources

Week Beginning 4.1.2021-  
11.1.2021

# History



# Mummification Process

## From Body to Burial

The ancient Egyptians believed in preserving the body ready for the afterlife. The mummification process was a complicated one and took over 70 days.

**1** The body was put on a table and it would be washed and purified.

**2** They would then take out the organs, leaving only the heart. The brain would be taken out through the nose using a hook. Using obsidian (volcanic glass), a cut would be made in the lower body and the organs removed by hand.

**3** At this point, the body was filled with stuffing ready for the next stage.

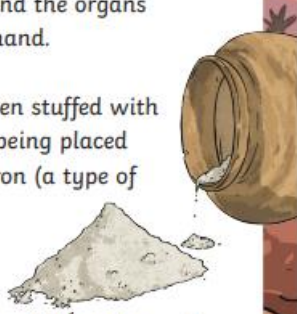
Some of the organs removed from the body were placed in special jars called canopic jars. The jars were carved into the shape of the four sons of Horus – one of the ancient Egyptian Gods. Each one protected a different organ.

**4** The body was then stuffed with sawdust, before being placed in a bath of natron (a type of salt), to dry out.

**5** Strips of linen would then be used to wrap the body. It could take up to 200 metres of linen strips to completely wrap a body! The body was then covered in a sheet called a shroud.

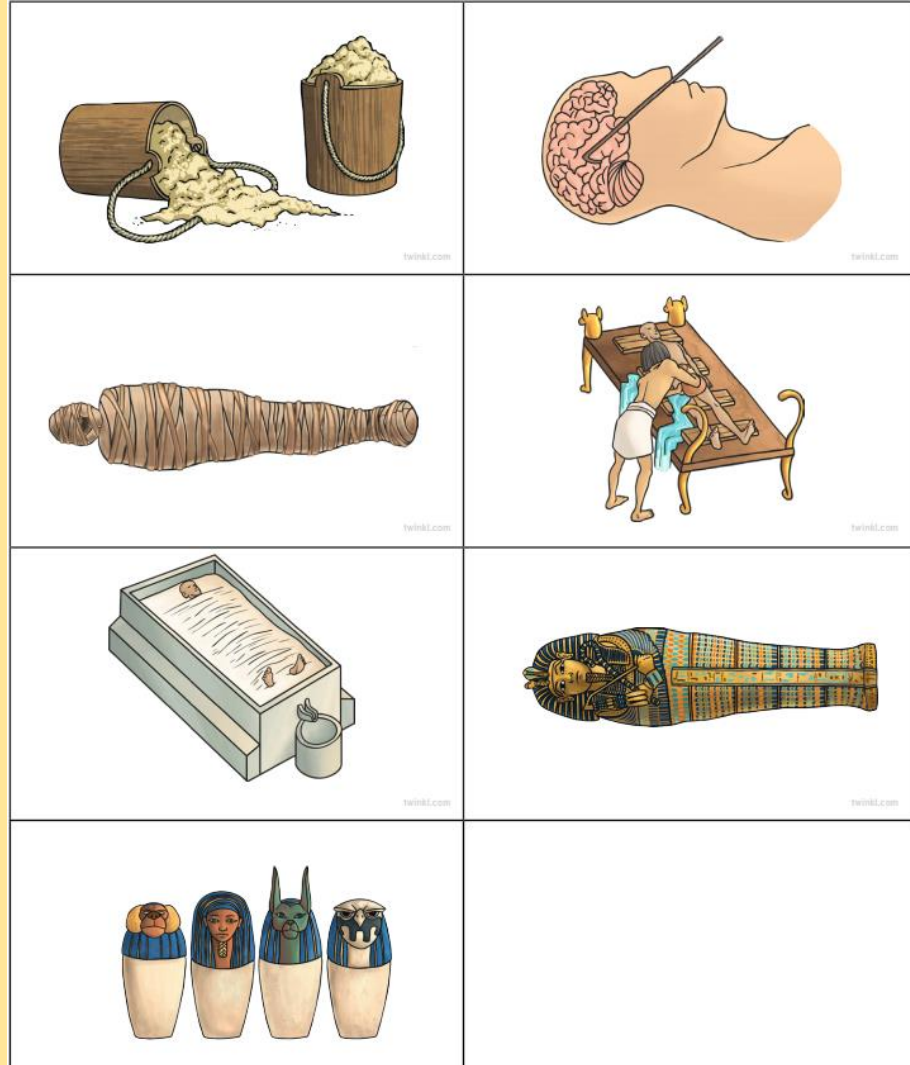
Finally, the body was placed in a large stone coffin called a sarcophagus which was inside the tomb.

The body was now ready for its long journey to the afterlife.



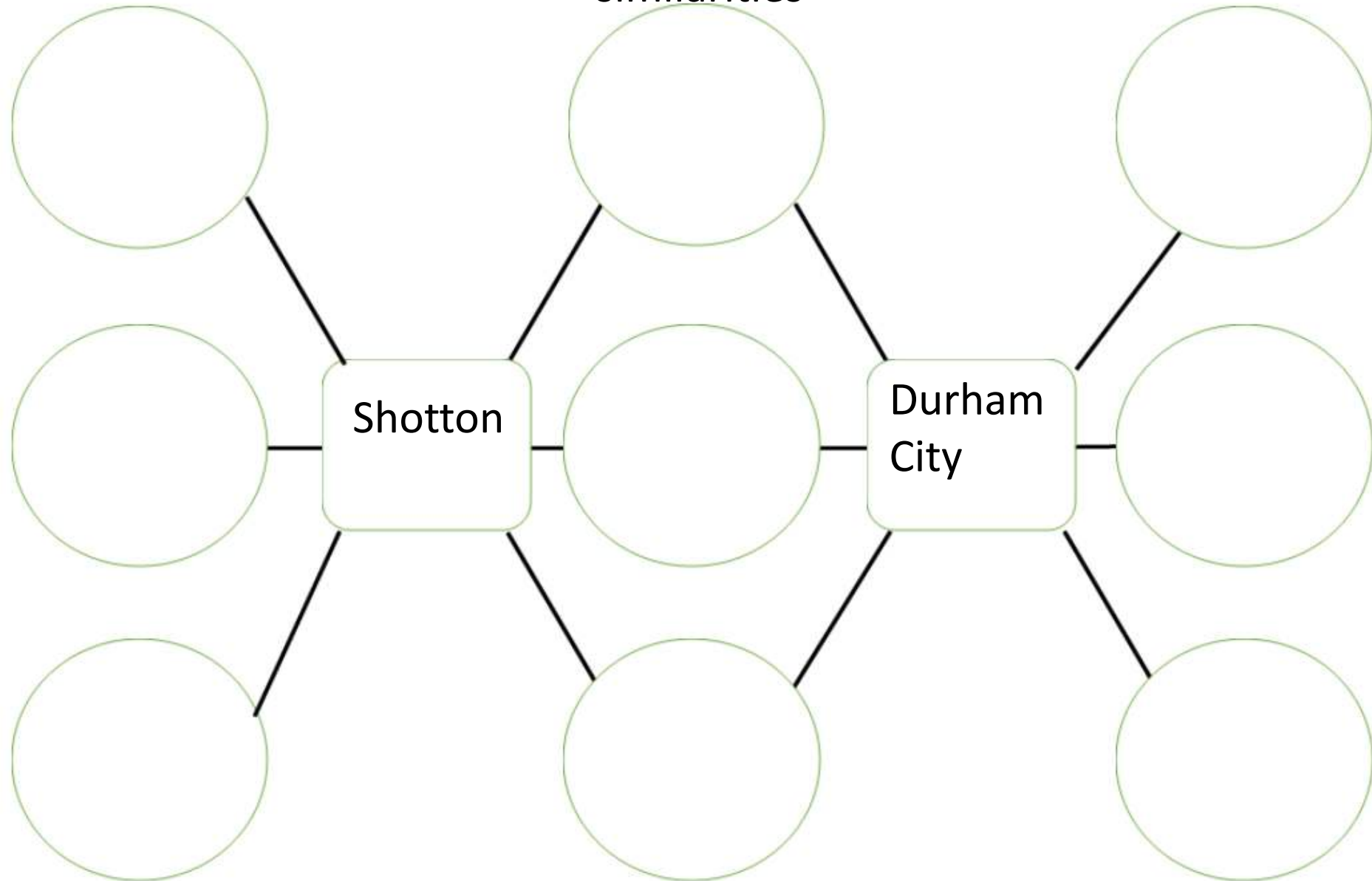
The four jars would be put in a chest and left in the tomb with the mummy.

# History

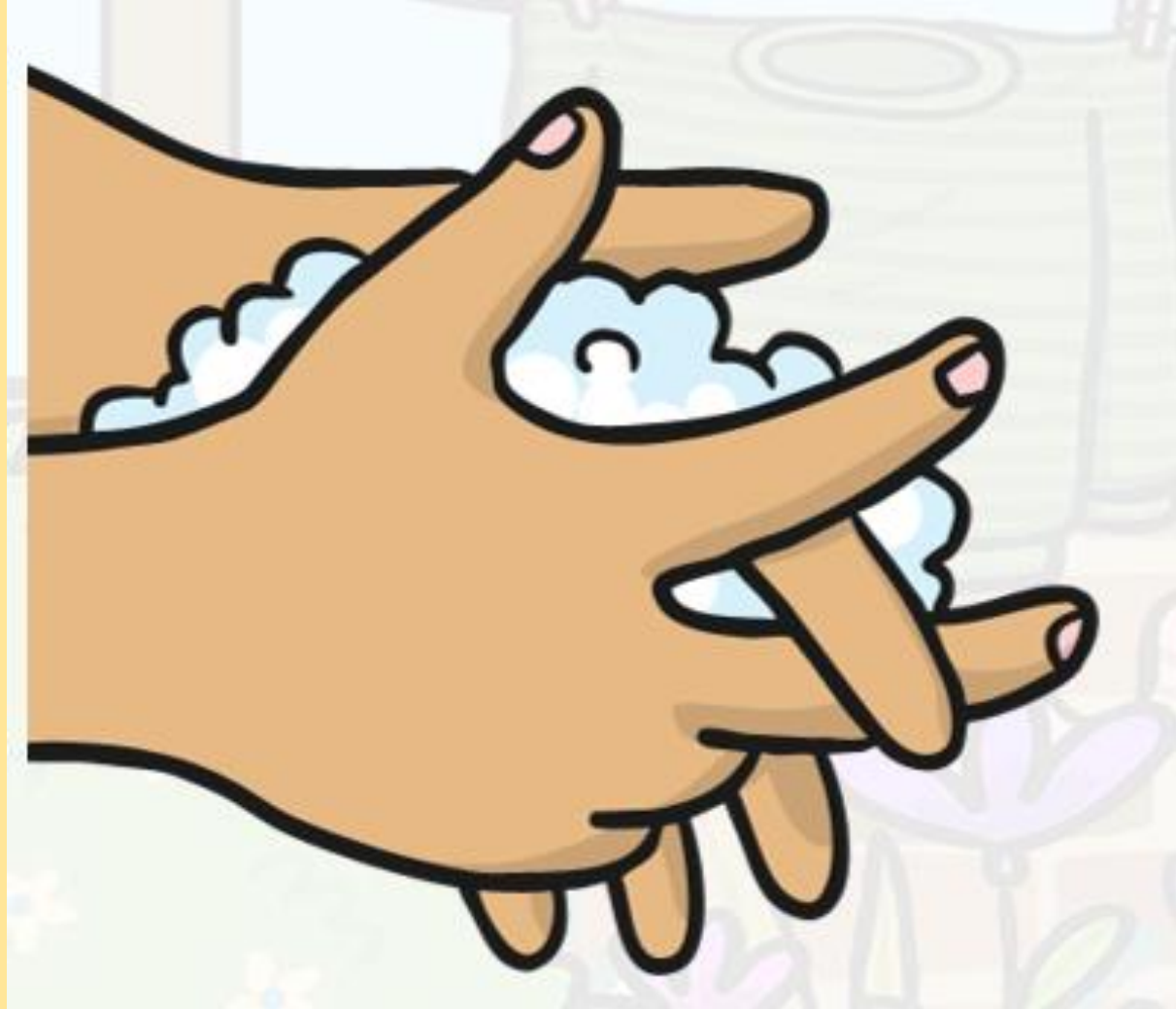


# Geography

similarities



PSHE



# What Is Personal Hygiene?

Personal hygiene is how we look after our bodies. Keeping ourselves clean and tidy makes us feel better about ourselves and also keeps us, and those around us, healthier!



# Brushing Our Teeth

It is recommended that we brush our teeth twice a day, for around 2 minutes.

We should visit the dentist every 6 months for a check up.

Brushing properly removes plaque. Plaque can cause cavities, toothache, gum disease and even our teeth to fall out!

It also gives us lovely fresh breath!



# Washing Our Hands

Washing our hands is one of the simplest ways we can keep ourselves and those around us healthy.



Think about everything your hands touch in a day...

Computers screens and keyboards

Door handles and stair banisters

Toilet flushes

How many other people have touched these things too!



# Handwashing



When we touch things, we pick up germs, which we can then spread by rubbing our eyes, putting things into our mouths, etc.

We can even spread them to our friends and family without realising. Some germs can make us feel unwell, from a cold to a tummy bug and more.

Washing our hands with clean, warm water and soap will kill off the germs and keep our hands clean.

# When Should We Wash Our Hands?

Can you think of times when its really important to wash your hands? Discuss!

When they are dirty!

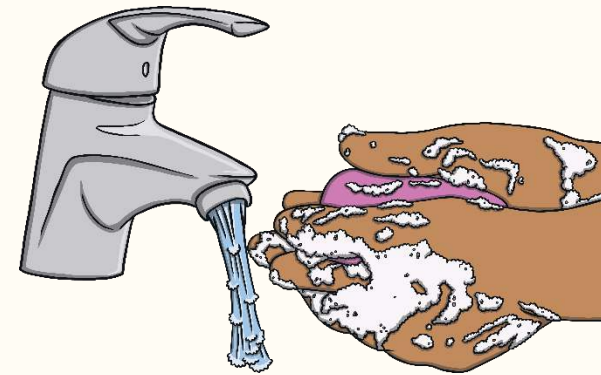
Before we eat or help prepare food

After petting animals

After using the toilet

After we sneeze, cough or blow our noses

Before **AND** after visiting someone who is unwell



# Don't Forget About Your Nails

When washing our hands, it is important to keep our nails clean. Underneath our fingernails is a great place for germs to hide!

It's best to keep your nails neatly trimmed and clean!

And try not to bite them.....



# Clean Clothes

It is really important to wear clean clothes. If we wore the same thing all the time, they would get dirty and start to smell.

We don't mean wear new, clean clothes every day, but if, for example, you wear the same trousers to school for a few days, make sure that you take them off as soon as you get home and let them air out for a while!



# Don't Forget Your Underwear!



Underwear is different. Underwear covers our personal parts, which can get the most sweaty.

This includes socks!! Our feet are covered in sweat glands and can get sweaty and smelly as we're on our feet a lot!

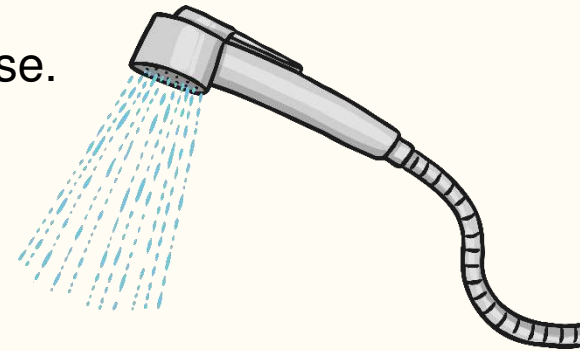
Remember to change your socks and underwear every day! And put the dirty ones in the dirty washing basket! Don't leave them on your bedroom floor! YUCK!

# Showering or Bathing Regularly

Years ago, it was difficult to keep your whole body clean. Water had to be heated by the fire, a bath tub was filled and the whole family used the same bath water. Remember, families were bigger back then, sometimes with 6 or more children! Can you imagine being last to use the bath water?

Luckily, it's very different nowadays! We have hot water straight out the shower or taps for the bath so there is no excuse not to shower regularly!

It is especially important to shower after we exercise.



# Scrub-a-dub-dub

When bathing or showering, remember to clean yourself properly

Think about the body parts which may need cleaned most frequently. Under our arms, between our legs and those feet with all the sweat glands!

To keep your hair clean, use shampoo. If we don't wash our hair regularly, it can look greasy as oils start to build up on our scalp.



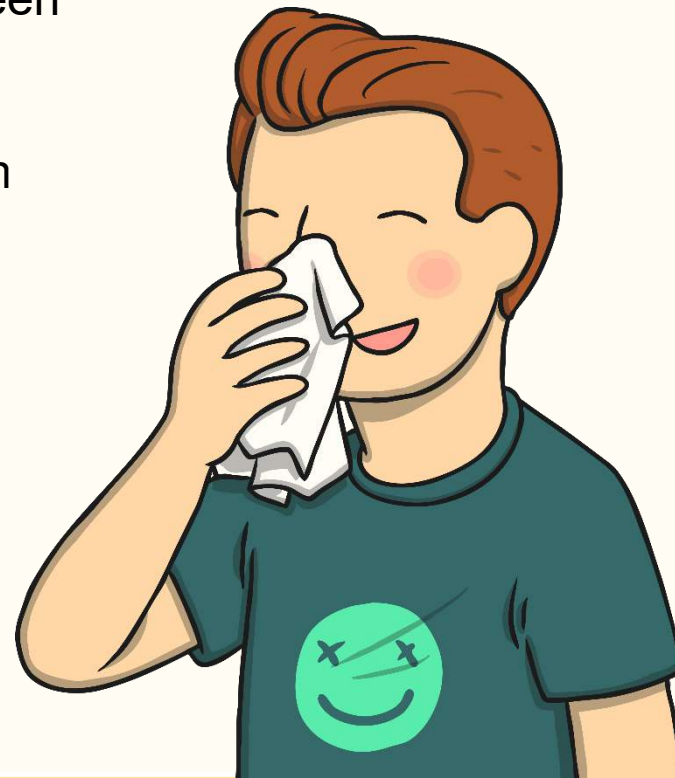
# Keeping Our Noses Clean

Have you ever had a really runny nose? Or has it been really blocked and you feel like you can't breathe through it?

It's a horrible feeling, but we have all been there!

The only acceptable way of dealing with this is a tissue.

Sniffing, picking, wiping with sleeves...  
YUCK!





# Using a Tissue

Bring a small packet of tissues with you to school. If you have a really bad cold, they can even stay at your desk!

## However:

Dirty tissues must be binned or flushed down a toilet straightaway!

Don't share used tissues with others.

Wash your hands after using a tissue.



# Spreading Germs

Germs and bacteria spread. It's a fact and we can't stop it, but we can try to minimise their spread. Following the tissue rules and washing our hands are really easy ways to minimise the germs we spread.

Can you think of any other ways?

Discuss:

covering our mouths when we sneeze or cough;

not sharing water bottles, etc;

not coming to school if you have a tummy bug and have been sick;

try not to touch our eyes, noses and mouths too much.

# Science

A force is a push or a pull on an object. A force needs two objects where one pushes or pulls the other to make it move. We use forces all the time to move things and to make ourselves move.



Have a look at the pictures on the next slides. Which show pushes and which show pulls? Which two things are touching in each picture to create a movement?

# Science

Which pictures are showing pushes and which are showing pulls?






























Which two things are touching in each picture to create movement?

# ART/DT



# ART/DT

							
A	B	C	D	E	F	G	H
							
I	J	K	L	M	N	O	P
							
Q	R	S	T	U	V	W	X
							
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