

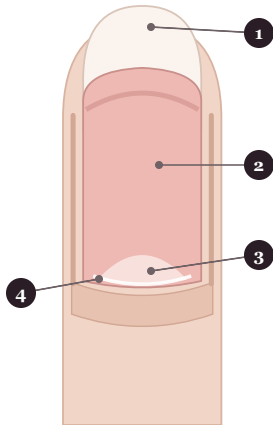
All about *my* nails

Find out how nails work, how to keep them clean, and when to ask a grown-up for help.

Name: _____

Date: _____

A Label the nail



Write the right word next to each number. Use the word bank.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

CUTICLE

FREE EDGE

LUNULA

NAIL PLATE

B Do or don't?

Circle DO or DON'T for each one.

- | | | | |
|---|--|----|-------|
| 1 | Keep your nails short and clean. | DO | DON'T |
| 2 | Bite off a hangnail. | DO | DON'T |
| 3 | Scrub under your nails when you wash your hands. | DO | DON'T |
| 4 | Cut or push back your cuticles. | DO | DON'T |
| 5 | Share nail clippers with a friend. | DO | DON'T |
| 6 | Wear flip-flops in the pool locker room. | DO | DON'T |
| 7 | Pick at a sore, red toenail. | DO | DON'T |
| 8 | Tell a grown-up if a nail gets red, puffy or sore. | DO | DON'T |

C Wash like a detective

Wet
water +
soap

Lather
under
nails too

Scrub

seconds

Rinse
clean
water

Dry
clean
towel

Hum the Happy Birthday song _____ times while you scrub.

D Tell a grown-up if...

- ☐ a nail gets red, puffy or sore
- ☐ you hurt a nail and it turns dark
- ☐ a nail looks different and you don't know why

My nail promise this week:

20-minute lesson + *answer key*

Ages 6 to 10 (grades 1 to 4) · whole class · about 10 minutes of prep.

Objectives

- Name four parts of a nail.
- Explain why germs hide under nails and show how to scrub them out.
- Sort nail habits into healthy and unhealthy.
- Say when to tell a grown-up about a nail.

Materials

- This handout, one per student; pencils
- Washable paint and paper towels
- Sink with soap, or a basin of soapy water and a nail brush
- Timer; magnifying glasses (optional)

Lesson flow

- 0:00–3:00** **Warm-up.** What do nails do for us? (Scratch an itch, pick up a penny, protect fingers and toes.)
- 3:00–8:00** **Label the nail.** Draw a fingertip on the board. Students complete Part A. Cuticles protect the nail root, so we leave them alone.
- 8:00–14:00** **Germ detective demo.** 4 volunteers dab washable paint on fingertips; let dry 1 minute. Two rinse with water only for 5 seconds. Two wash with soap for 20 seconds, scrubbing under nails. Compare. The paint stands in for germs.
- 14:00–18:00** **Do or don't.** Read Part B aloud; thumbs up or down, then circle.
- 18:00–20:00** **Exit ticket.** Part D: when to tell a grown-up, plus one nail promise.

Safety notes

- Check for paint or soap allergies first.
- No nail trimming at school and no shared clippers.
- Keep nail polish and remover out of the classroom.

Adapt it

- **Younger:** use the word bank and point instead of writing.
- **Older:** fingernails grow about 3.5 mm a month. How long to grow 1 cm? (About 3 months.)

Answer key

A. 1 free edge · 2 nail plate · 3 lunula · 4 cuticle

C. 20 seconds · twice

B.

1. DO

2. DON'T

3. DO

4. DON'T

5. DON'T

6. DO

7. DON'T

8. DO

Sources: American Academy of Dermatology (nail care for children; hangnails; ingrown toenails), CDC (Nail Hygiene; About Handwashing), NHS (Fungal nail infection), Cleveland Clinic (Nail Matrix), Yaemsiri et al. 2010 (nail growth). Full citations: polishedandprettynails.com/kids-nail-care-guide/#sources

Nail care at home: *a family guide*

Our class learned how nails grow, how to scrub under them, and when to ask for help. Here is the grown-up version.

Trimming by age

Babies

Baby clippers, round-ended scissors or a soft emery board.

Fingernails up to twice a week at first; toenails once or twice a month.

Trim after a bath or while asleep.

Never bite their nails short.

Ages 1 to 5

Trim after the bath, when nails are softer.

Fingers almost straight across, corners slightly rounded.

Toes straight across.

Short sessions: one hand at a time.

Ages 6 to 9

Still a grown-up's job for most kids.

Leave cuticles alone.

Dry hands well; lotion after washing.

Shoes with room to wiggle toes.

About 9 and up

Many kids can trim their own.

File in one direction.

Own clippers, never shared.

Disinfect clippers monthly.

Every week

- ☐ Trim as needed
- ☐ Scrub under nails at bath time
- ☐ Clip hangnails; don't pull them
- ☐ Check toes for redness and shoe fit
- ☐ Fresh socks daily; flip-flops at pools
- ☐ Clean the clippers

Call the doctor if

- Skin around a nail is red, warm, swollen or has pus
- There is a dark streak under or along a nail
- A nail crumbles, thickens or lifts away from the skin
- After an injury the nail is black or purple, blood covers more than half of it, the finger or toe won't bend, or it hurts a lot
- Nail biting keeps going after repeated tries to stop

Nail polish at home

- Peel-off or water-based kids' polish skips remover entirely.
- Paint near an open window and follow the label.
- Store remover locked away: even small amounts can be dangerous to a child, and "non-acetone" removers can be more toxic if swallowed.

1-800-222-1222

Poison Help: free, confidential, 24/7, connects to your local poison center anywhere in the U.S. Call 911 if someone is unconscious or struggling to breathe.

General information, not medical advice. Sources: AAP (HealthyChildren.org), American Academy of Dermatology, CDC, NHS, Cleveland Clinic, Mayo Clinic, FDA, MedlinePlus, Illinois Poison Center. Full guide and citations: polishedandprettynails.com/kids-nail-care-guide/