

Unit: Hand Washing

Objective

Ps will identify the importance of hand washing to prevent illnesses

Materials

- Large flashcard - Hand Washing
- The Store worksheet
- Bob's Day worksheet
- Sickness on your Hand worksheet
- Germs on your Hand worksheet
- Clean Hand worksheet
- Mini Flashcards
- Proper Hand Washing page

Step 1 Warm Up (5 minutes)

Hand Washing:

- Hold up the **large flashcard of hand washing**. Ask them "What is this?" If they don't know tell them – *wash hands*.
- Ask someone "Do you wash your hands?" Ask everyone, "Do you wash your hands?"
- Point to yourself and then the flashcard and say "I wash my hands."
- Get them to repeat several times – *wash hands* – demonstrate "washing" and "hands" separately by showing the washing motion when you say wash and holding up your hands when you say hands.

Step 2 Work out (30 minutes)

Teaching why hand washing is important:

- Hand out the worksheet "**Bob's Day**" and talk about what he does that day.
- *He takes the bus.*
- *He shakes someone's hand.*
- *He works on a computer.*

- *He shops for fruit.*
- *He gives money*
- Say “Oh no! Problem!” Repeat all that Bob does again but each time show how your hands are used – touching seat on bus, shaking hands, keyboard, picking up fruit, handing money.
- Look at your hands and fingers and point to them and say “Problem”.
- Show **The Store**. Explain how a man coughed on fruit and then Bob came and touched the fruit.
- Show “**Germ s on Your Hands**” Point out all the places Bob had been that day is on his hands.
- Refer back to **The Store** and point out once again how Bob got those germs on his hands.
- Show the “**Sickness on your Hands**” and talk about the different sicknesses he has on his hands.
- Say “problem” again.
- Be sure they understand the connection between touching different places (and getting germs on your hands) can lead to different illnesses.
- Show the **large flashcard of hand washing** again and explain if you wash hands there are no germs on your hands. Show the **Clean Hand flashcard**. Compare it to the “**Sickness on your Hands**” flashcard.
- Demonstrate how to wash your hands. (This can be with imaginary soap and water but even more beneficial if you can bring a bar of soap or even go to a sink area) Demonstrate how you wash all over – fingers, fingernails, knuckles, wrists. Demonstrate how it should be for at least 20 seconds – sing Happy Birthday while you do it to show the length.
- Demonstrate a lousy hand wash, no soap, very quick, and say “no” and “problem” to show the difference.
- Hand out “**Proper Hand Washing**” and go over together.
- Use the **mini flashcards** to demonstrate when you should wash your hands. For example put the mini flashcards of the girl hugging a dog, the germs on your hand, the washing your hand, and the clean hands in that order on the board. Show them when you hug a dog you should wash your hands

Step 3 Cool Down (10 minutes)

Check their progress:

- Put the students in pairs and give them each some mini flashcards that they can put in the correct order – an activity that makes hands dirty, germs on the hands, wash the hands, clean hands – and have them put it in the right order.
- Have them demonstrate how to wash their hands.

- Look at the “**Proper Hand Washing**” page and have them show you the steps in a role play.