

## Unit: Hand Washing

### Objective

Ps will identify the importance of hand washing to prevent illnesses

### Materials

- Large flashcards of hand washing
- The Store worksheet
- Bob worksheet
- Sickness on your Hands worksheet
- Germs on Your Hands
- How to Wash Your Hands
- Worksheet “When Should you Wash your Hands”

### Step 1 Warm Up (5 minutes)

#### Hand Washing:

- Hold up the **large flashcard of hand washing**. Ask them “What is this?”
- Ask someone “Why is hand washing important?” List their answers on the board.
- If no one has suggested it is important to avoid getting sick put that on the board as well.
- Explain that today we will learn about the benefits of hand washing.

### Step 2 Work out (30 minutes)

#### Teaching why hand washing is important:

- Hand out the worksheet “**Bob**” and have the Ss tell you what he did that day.
- *He takes the bus.*
- *He shakes someone’s hand.*
- *He works on a computer.*
- *He shops for fruit.*
- *He gives money*
- Say “Bob had a busy day”. Ask, “Do you think his hands are dirty?”
- Explain that yes his hands are dirty – that they have germs on them. Put the word germs on the board. And explain that germs are tiny living things that cause illnesses.

- Show “**Germ**s on Your Hands” Point out all the places Bob had been that day is on his hands.
- Show the “**Sickness on your Hands**” and talk about the different illnesses he has on his hands. Name them: *a cough, vomiting, diarrhea, flu, and being dizzy*. These germs can cause these illnesses.
- Show the flashcard **At the Store** and talk about how the man coughed on the fruit and then Bob comes and buys the fruit.
- Be sure they understand the connection between touching different places (and getting germs on your hands) and how that can lead to different illnesses.
- Put the Ss into groups of 2 or 3 and have them share/list where they had been that day. (example the bus, Tim Horton’s, babysitting grandchild that had a cough, public washroom, classroom etc)
- Come back and share some of these places as a class. Did they wash their hands? Could they have germs on their hands?
- Ask them what do so they do to NOT have germs on their hands? (they should of course say hand washing)
- Put them back into groups and have them list when they should wash their hands .Have them come back to the main group and share when they should wash their hands – list their answers on the board.
- Hand out the worksheet, “**When Should you Wash Your Hands**” Read together.
- 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 ask “Are my hands clean?” Ask why aren’t they clean?”
- Hand out **How to Wash Your Hands**, and go over together.

### Step 3 Cool Down (10 minutes)

#### Check their progress:

- Ask Ss the following questions:
  - Why is hand washing important?
  - What happens when we don’t wash our hands?
  - When should we wash our hands?
  - Can you demonstrate how we should wash our hands?
- Help them if they answer any questions incorrectly.