

Unit: Hand Washing

Objective

Ps will identify the importance of hand washing to prevent illnesses

Materials

- **Large flashcard “Which One of These People Washed Their Hands?”**
- **Large flashcard “Whose Hand do you Want to Shake?”**
- **Worksheet “When Should You Wash Your Hands”**
- **Worksheet “How to Wash your Hands”**

Step 1 Warm Up (5 minutes)

Hand Washing:

- Hold up the **large flashcard “Which One of These People Washed Their Hands?”** Ask them the question. Do they know? (of course not) Discuss this for a moment.
- Hold up the **large flashcard “Whose Hand do you Want to Shake?”** Ask them the question. If they choose someone ask why? Discuss this for a moment.
- Put the words *Hand Washing* on the board. Explain that is our topic today.

Step 2 Work Out (30 minutes)

Teaching why hand washing is important:

- Ask the Ps why hand washing should be a topic for them to discuss. Record any answers on the board.
- If the word “germ” has not come up put it on the board. Ask them what it means? Explain that germs are tiny living things (organisms) that cause disease or sickness.
- Ask them where they have been that day – record the answers on the board. Explain how each of these places they have been may have had germs they picked up. Give some examples: The bus = the flu, the grocery store = bronchitis, the garbage they took out = bad bacteria, etc.
- Draw a picture of a hand and write some examples of different germs that could be on their hands. Put a different germ on each finger. (flu virus, strep throat infection, diarrhea, E. Coli, pink eye, etc.) Be sure to explain the meanings of any new vocabulary should they need you to.

When should you wash your hands?

- Ask the Ps when they think they should wash their hands. Obviously we can't wash our hands a hundred times a day. In groups have them list when we should wash our hands. When they are done have them share what they came up with and write all answers on the board.
- Hand out the worksheet **When Should you Wash your Hands**. Read together.

Proper Hand Washing

- Ask the Ps how to properly wash ones hands to ensure germs have been removed. Let several people demonstrate.
- Hand out the worksheet on "**How to Wash your Hands**" Read together. Demonstrate together.

Step 3 Cool Down (10 minutes)

Check their progress:

- Ask Ps 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.