

# Lesson 5

## Handwashing for Health

### Overview

Students participate in class discussion about the need for washing hands regularly and properly to be healthy, including identifying times when they should wash their hands. They learn the concepts of germs and communicable diseases, then practice the basic steps for proper handwashing. They take home an activity sheet to remind them to practice this healthy behavior and make a pledge to wash their hands throughout the day.

**Time:** 45 minutes

### Lesson Objectives

**Students will be able to:**

1. State why handwashing is important to good health.
2. Identify when they should wash their hands.
3. Demonstrate the proper way to wash their hands.
4. Make a pledge to properly wash their hands throughout the day.

### Healthy Behavior Outcomes

**PHW-2:** Practice appropriate hygiene habits.

**PHW-6:** Practice behaviors that prevent infectious diseases.

### National Health Education Standards

#### Standard 1: Comprehending Concepts

##### Performance Indicator

**1.2.1:** Identify that healthy behaviors impact personal health.

##### Performance Indicator

**1.2.3:** Describe ways to prevent communicable diseases.

#### Standard 7: Practicing Health-Enhancing Behaviors

##### Performance Indicator

**7.2.1:** Demonstrate healthy practices and behaviors that maintain or improve personal health.

## Materials & Preparation

- Review **Images 5A & 5B**.
- Have:
  - Soap (bar or liquid)
  - Water and a basin (or sink, if available)
  - Hand towel(s) or paper towels
  - *Optional*: Small bar of soap for each student

*Note: If sink(s) and towels are available, add a real practice of handwashing with soap and water to the teaching steps.*

- Prepare **I Wash My Hands!** activity sheet (Master 5) for each student.
- Have crayons or markers for students.
- Complete a sample **I Wash My Hands!** activity sheet to model for students.

## Teaching Steps

### Show Image 5A

Look at this picture. What do you see?

### Summarize

These pictures all show hands doing something. These hands are all touching or handling something—a pet, a toy, a door knob, another person, or covering the person’s own cough or sneeze.

### Survey

What are some things you touch or handle with your hands?

Do your hands get dirty when you do these things?

### Explain

You use your hands every day to work and play. Your hands were made to help you hold and do many different things including all the things you just named.

As you use your hands during the day they get dirty. You help keep your hands clean every time you wash them.



Image 5A

You make choices every day. Washing and keeping your hands clean is one of the choices that can help you and all the other people around you stay healthy.

### **Ask & Discuss**

When are times here at school that you need to wash your hands?

When are times at home that you need to wash your hands?

### **Summarize**

It's important to wash your hands:

- After recess or playing outside
- Before eating lunch or other meals
- After using the bathroom
- After you have shared toys or play equipment with others
- After touching a pet or other animal
- When you are around someone who is sick
- After you cough or sneeze
- Anytime your hands are dirty

### **Ask & Discuss**

Why is it important to wash your hands?

### **Summarize**

It's important to wash your hands because it can help you be and stay healthy.

### **Explain**

Even when your hands don't look dirty, they still can carry germs you can't see. Germs can cause sickness that can be passed from person to person when people touch the same things or touch each other. Colds or the flu are two examples. Washing your hands often is one way to avoid germs.

## Show Image 5B

Look at this picture. What do you see?

## Summarize

This picture shows the best way to wash your hands.

## Model

*Demonstrate the steps for healthy handwashing in order. You can mime the actions, or actually perform them if a sink is available in the classroom.*

1. **Wet** hands.
2. Use soap to **lather** hands. Scrub each hand with the other for 20 seconds to clean away dirt or germs.
3. **Rinse** hands with water to remove all the soap.
4. **Dry** hands.

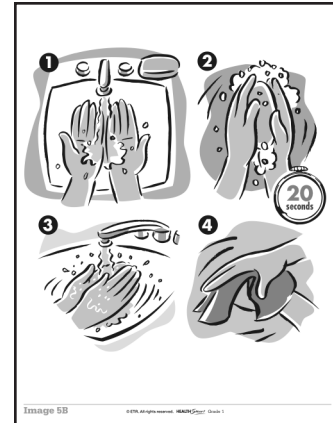


Image 5B

## Practice

Who would like to show the class how to wash hands the healthy way?

*Allow students to take turns demonstrating healthy handwashing until all of the steps have been modeled in order.*

1. **Wet** hands.
2. Use soap to **lather** hands. Scrub each hand with the other for 20 seconds to clean away dirt or germs.
3. **Rinse** hands with water to remove all the soap.
4. **Dry** hands.

## Ask & Discuss

What can you do when you know that someone has forgotten to do something important?

## Summarize

You can remind them about what they've forgotten. You can also remind yourself to do healthy things.

## Model

Show your completed **I Wash My Hands!** activity sheet.

This is my reminder to wash my hands so I will be and stay healthy. You are going to make your own reminder sign. You can put it up at home to remind you to wash your hands to be healthy.



Master 5

## Create & Share

Distribute an **I Wash My Hands!** activity sheet to each student.

Help students complete, color and share their activity sheet.

Prepare a reminder sign for the classroom sink and for each of the bathrooms used by students. The reminders can also be posted on the play equipment box. Extras can be posted during cold and flu season.

Ask students where they will put their handwashing reminders.

## Assessment Evidence

### Students:

1. Stated why handwashing is important to good health by:
  - Verbally explaining why it's important to wash their hands.
2. Identified when they should wash their hands by:
  - Verbally identifying when they should wash their hands at home and at school.
3. Demonstrated the proper way to wash their hands by:
  - Demonstrating the steps for proper handwashing.
4. Made a pledge to properly wash their hands throughout the day by:
  - Completing the **I Wash My Hands!** activity sheet.