

Lesson 6

Washing Hands

Overview

Students discuss all the ways hands can get dirty and pick up germs during the day. They discuss when and why it is important to wash their hands. They watch a demonstration and practice the steps for proper handwashing, then make a pledge to remember to wash their hands often.

Time: 45 minutes

Lesson Objectives

Students will be able to:

1. State why handwashing is important to good health.
2. Demonstrate the steps to proper handwashing.
3. Make a pledge to properly wash their hands throughout the day.

Materials & Preparation

- Review **Images 6A & 6B** and **Poster 2**.
- 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 a **Washing My Hands Pledge** activity sheet (Master 6A) and an **I Wash My Hands!** mini-poster (Master 6B) for each student.

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 affect personal health.

Standard 6: Goal Setting

Performance Indicator

6.2.1: Identify a short-term personal health goal and take action toward achieving the goal.

Performance Indicator

6.2.2: Identify who can help when assistance is needed to achieve a personal health goal.

Standard 7: Practicing Health-Enhancing Behaviors

Performance Indicator

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

Teaching Steps

Show Image 6A

Look at this picture. What do you see?

Summarize

This child is washing her hands. Today we're going to be learning about how important it is to keep your body clean and healthy by washing your hands throughout the day.



Image 6A

Ask & Discuss

What are some of the things you do every day with your hands?

Do your hands get dirty when you do some of these things?

Summarize

Engage students in a discussion that includes but is not limited to the following ideas.

You use your hands to touch, carry things, make things, work and play each day. Hands can get dirty when you touch:

- Toys and other things that belong to you
- Toys and things that belong to someone else
- Dirty and dusty things
- Other people
- Pets and other animals
- Door knobs, car handles and handrails on stairs
- Parts of your body

Survey

Raise your hand if you have ever heard of “germs.”

Explain

Germs are very small living things that can be found everywhere. There are some good germs that help our bodies, and some bad germs that can make our bodies sick.

Some bad germs can cause stomach aches, colds and the flu. Others can get inside cuts and scratches and make them turn red and hurt more.

Germs are so small that you can't see them. But they are still there. Repeat after me: "Germs are everywhere!"

Germs can be passed from one person to another. For example, cold and flu germs can pass from someone who is sick to a healthy person, and can make the healthy person get sick too.

The things a sick person has touched can get germs on them. Then other people can get sick if they touch the same things.

Germs often travel from person to person when people touch things or each other. Having clean hands is one of the best ways you can be and stay healthy.

Ask & Discuss

What can you do to have clean hands?

Summarize

You can wash your hands to clean them. Washing your hands is the most important way to get rid of the kinds of germs that can make you and other people sick.

Something as simple as washing and keeping your hands clean can help you, our classroom and all the students in it, our whole school and your family healthy!

Ask & Discuss

What are some times it is especially important to have clean hands and why?

Summarize

Engage students in a discussion that includes but is not limited to the following ideas.

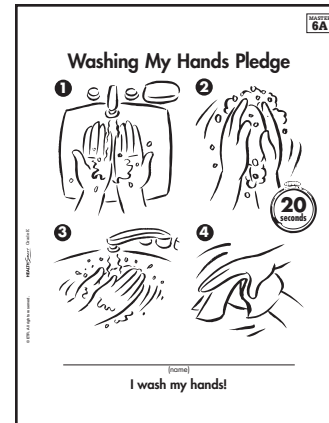
It's important to wash your hands:

- Before and after you eat
- After using the bathroom
- After touching animals
- When you are near someone who is sick
- After you cough or sneeze
- Anytime your hands are dirty

Explain

You'll want to wash your hands at all the times we just talked about. It's important to wash your hands in the right way. I'm going to show you how to do this and give you a chance to practice.

*Distribute a **Washing My Hands Pledge** activity sheet to each student. Have a small basin or sink, soap, a towel and warm water available to demonstrate the steps of proper handwashing.*



Master 6A

Show Image 6B

To wash your hands, you need a few things.

Point to each of the pictures that correspond to the ones on the activity sheet, and show students the soap, water and towel.

You will need water, soap and a clean towel. These pictures show the things you will need and the steps you must follow to wash your hands in the right way.

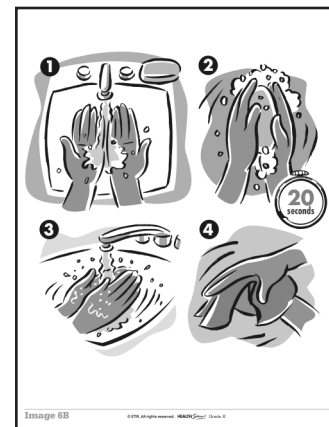


Image 6B

Model

*Follow the picture guide on **Image 6B** and use the following steps to model and teach the procedure for proper handwashing. You can mime the actions or actually wash your hands using the basin or sink and supplies.*

1. First you need to wet your hands with water. It helps if the water is warm, but not too hot.

Model wetting hands with water.

2. Use the soap to lather your hands.

Demonstrate how to rub or squeeze the soap on to your hands and rub them together to create suds.

Then scrub each hand with the other. Keep doing this for 20 seconds.

Continue to “wash” your hands while you count to 20.

3. Rinse hands with water to remove all the soap.

Use the water to rinse your hands.

4. Finish drying your hands with a clean towel. At home you may use a cloth towel. When you are at school or using a public restroom you will often use a paper towel.

Dry your hands thoroughly with the towel.

Turn off the water faucet using the towel. This helps keep your “just washed” hands clean.

Mime turning off the faucet (or turn off the faucet) using the towel.

(Note: If you live in an area where water conservation is important, explain that students can turn off the water faucet after wetting their hands and turn it back on for rinsing. They can also turn off the faucet first and then finish drying their hands with the towel.)

Practice

Now I am going to help each of you practice washing your hands the right way.

You can use the pictures on your activity sheet as a guide to help you remember the steps. One of the most important things that you are going to do is to feel what it is like to wash your hands for 20 seconds.

Use the images on the activity sheet to guide the steps students will take to practice proper handwashing—pretending to wet their hands, lathering with soap, then rubbing their hands together. Have students count to 20 as they “wash” their hands. Students may be surprised at how long 20 seconds of handwashing takes.

(Note: If you can provide enough sinks and towels, have students practice actually washing their hands. Time them at 20 seconds of lathering and rubbing before they rinse.)

Recite

Now repeat after me: “Clean hands keep me healthy!”

Survey

Raise your hand if you want to wash your hands often in the right way to keep you and others healthy.

Debrief

Remember, when we tell ourselves or others that we are going to do something it is called making a promise or a pledge. In our last lesson, you made a pledge to brush your teeth twice a day. How has that been going? Have you been able to keep your promise?

Allow a few students to share their experiences. Encourage students to keep working on their pledge to brush their teeth twice a day.

Complete

Washing your hands to keep them clean is another promise you can make to help keep you and others healthy. At the bottom of your activity sheet there is a place to make a promise or a pledge, that you will do this.

You will now make your handwashing pledge by writing your name at the bottom of the page. Your pledge will say, “I, (your name), will wash my hands any time I need to.”

Help students write their names on the activity sheet to complete the pledge.

Ask & Discuss

Who can help you with your pledge to wash your hands?

Summarize

Your parents and other family members can help you remember your pledge to wash your hands at home. Here at school, I can remind you, and you can also remind each other. Keeping a pledge is easier when you have help from people who care.

Share

I want you to take your page home and tell your family what it means. Ask them to help you put the pledge in a place where it will remind you about your promise to wash your hands. You might put it in the same place as your pledge to brush your teeth, where you can see it when you get up in the morning or when you go to bed each night. You might tape it to your bathroom mirror or near another sink in your home. Remember how important it is to follow the pictures and to wash for 20 seconds each time.

Make time over the next week to allow students to report on their progress. Be sure to revisit and highlight the handwashing pledge during cold and flu season.

Show Poster 2

Display the **I Wash My Hands!** poster.

Look at this picture. What do you see?

Ask & Discuss

Is this someone like you?

What is the picture telling you?

If you do what the picture says, what will happen?



Poster 2

Summarize

The picture shows a kindergarten student washing hands. It tells you that washing your hands the right way throughout your day is a way to stay healthy. Washing your hands can help you get rid of germs that can make you and others sick.

Survey

Raise your hand if you agree with the picture.

Close

This picture can help you remember all the things you learned about how to wash your hands the right way.

*Distribute an **I Wash My Hands!** mini-poster to each student. Explain that this is their copy to take home to share and remind them to practice their healthy behavior.*

What is your best reason for having clean hands?

Allow students to share their ideas and affirm their reasons.

Repeat after me: “Clean hands keep me healthy!”



Master 6B

Assessment Evidence

Students:

1. Stated why handwashing is important to good health by:
 - Verbally stating when it is important to wash hands and why.
2. Demonstrated the steps for proper handwashing by:
 - Correctly following and practicing the proper steps for washing hands.
3. Made a pledge to properly wash their hands throughout the day by:
 - Completing and taking home the **Washing My Hands Pledge** activity sheet.