

Clean Hands = Germs Free Hands.



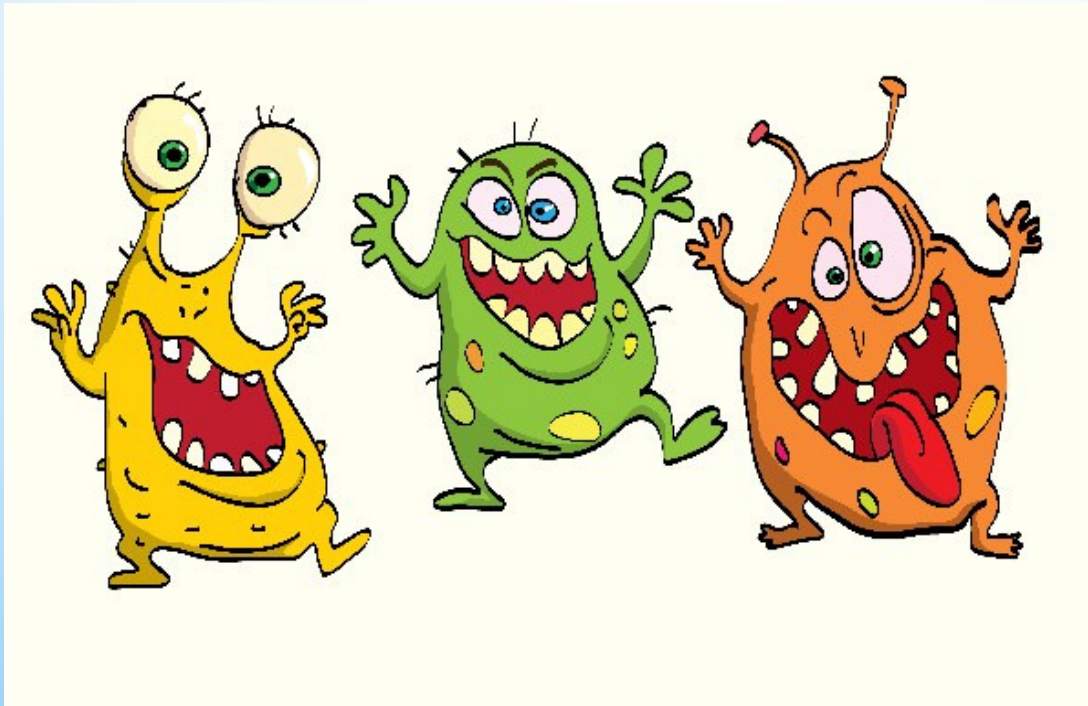
Clean Hands = Germs Free Hands.

Lesson objectives:

- 1) Learn about germs and how germs makes them sick.
- 2) Learn words associated with hand washing and cleanliness.
- 3) Learn 5 steps on basic hand washing routine.
- 4) Learn 8 steps for washing hand thoroughly clean.
- 5) Learn when to wash their hands.
- 6) Learn terms 'First" and 'Then'.
- 7) Learn song on hand washing skills.
- 8) Learn short story and activity on keeping germs away.
- 9) Learn about different type of soaps.
- 10) Learn about different ways to drying hands.



Clean Hands = Germs Free Hands.



Germs are tiny. I can't see them.

But I can be **GERM BUSTER....**

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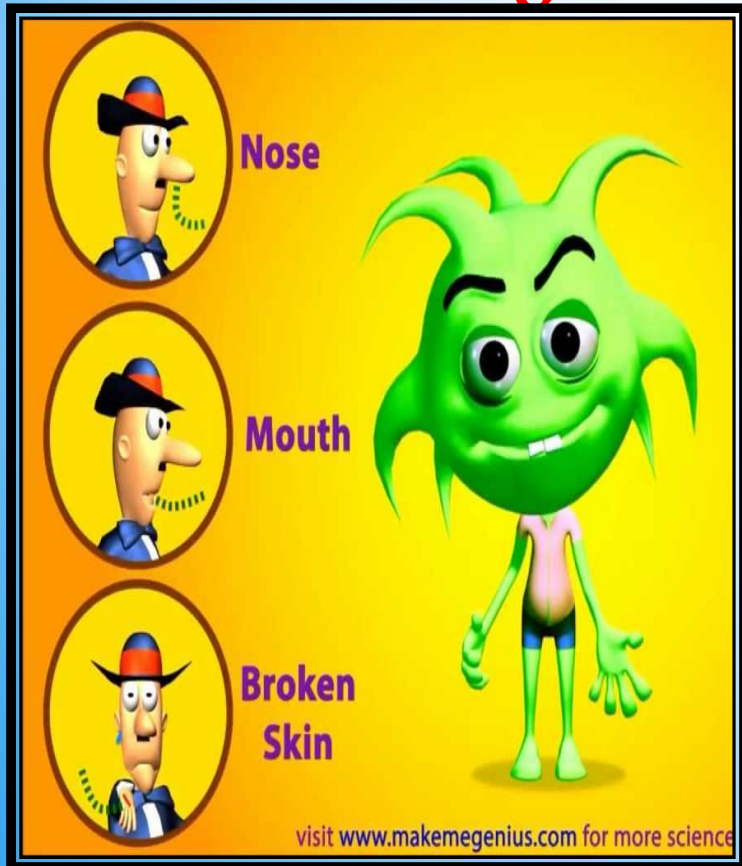
What are germs?

- Germs are tiny bacteria or viruses.
- Germs can't be seen with naked eyes.
- Germs are infectious.
- Germs makes me sick.



Clean Hands = Germs Free Hands.

What are germs?

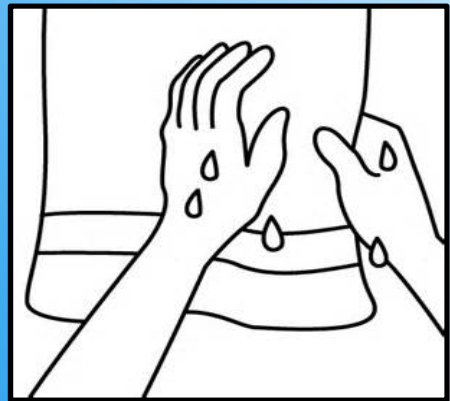


I fall sick when:

- ✓ forget to wash hands before eating.
- ✓ forget to wash hand after toileting.
- ✓ touch dirty hands to my nose, mouth and broken skin.

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I can be healthy. I must...



- ✓ wash hands with soap and warm water.
- ✓ always wipe hand dry after washing.
- ✓ always keep hand clean and germs free.

CLEAN HANDS are HAPPY HANDS.

Clean Hands = Germs Free Hands.

5 easy steps to be a germ buster.

1 Wet hand



2 Apply soap



3 Scrub hands



4 Rinse hands

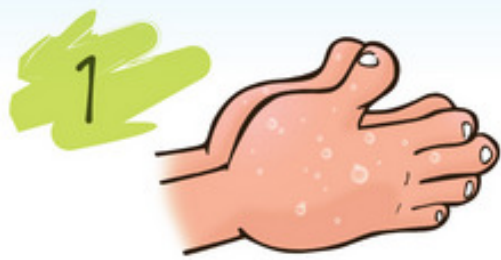


5 Dry hands



Clean Hands = Germs Free Hands.

8 steps of washing hands clean.



Wash your palms.



Scrub each finger and between fingers.



Rub back of hands and between fingers.



Rub the base of the thumbs



Back of Fingers



Scrub your nails on palms.



Wash your wrist



Dry hands with clean towel or tissue.

Clean Hands = Germs Free Hands.



Song on washing hand.

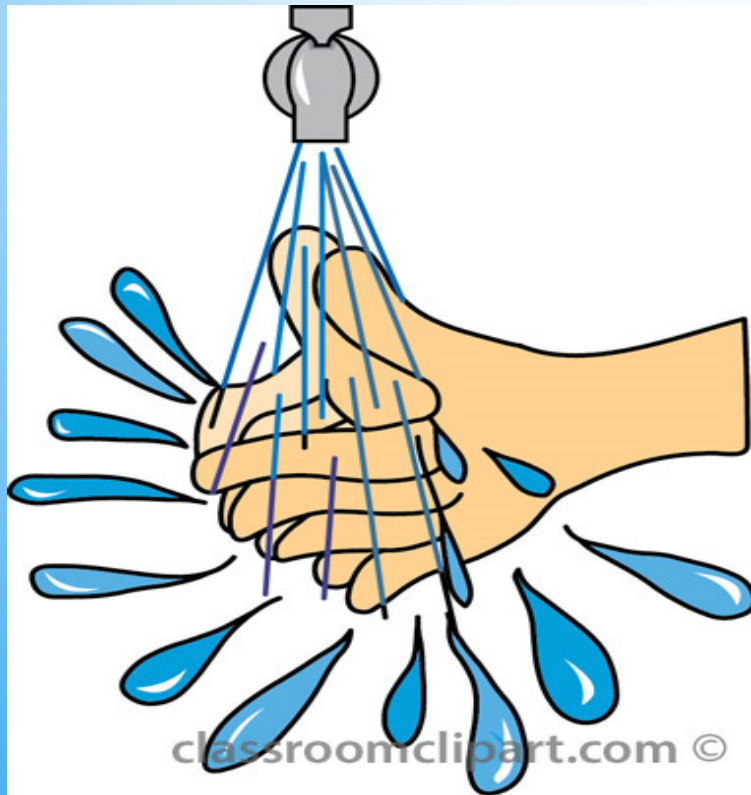
(tune of Row Row Row Your Boat)

Wash wash wash your hands
Make them nice and clean
Scrub the bottoms
and the tops
And fingers in between.

Clean Hands = Germs Free Hands.

Song on washing hand.

(tune Frere Jacques)



Tops and bottoms
Tops and bottoms
In between
In between
All round your hands
All round your hands
Now they're clean
Now they're clean.

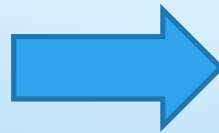
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When to wash hands ? Before eating or handling food.

First:



Then:



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When to wash hands ? After playing at playground.

First:



Then:



Clean Hands = Germs Free Hands.

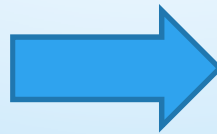
When to wash hands ?

After using the toilet.

First:



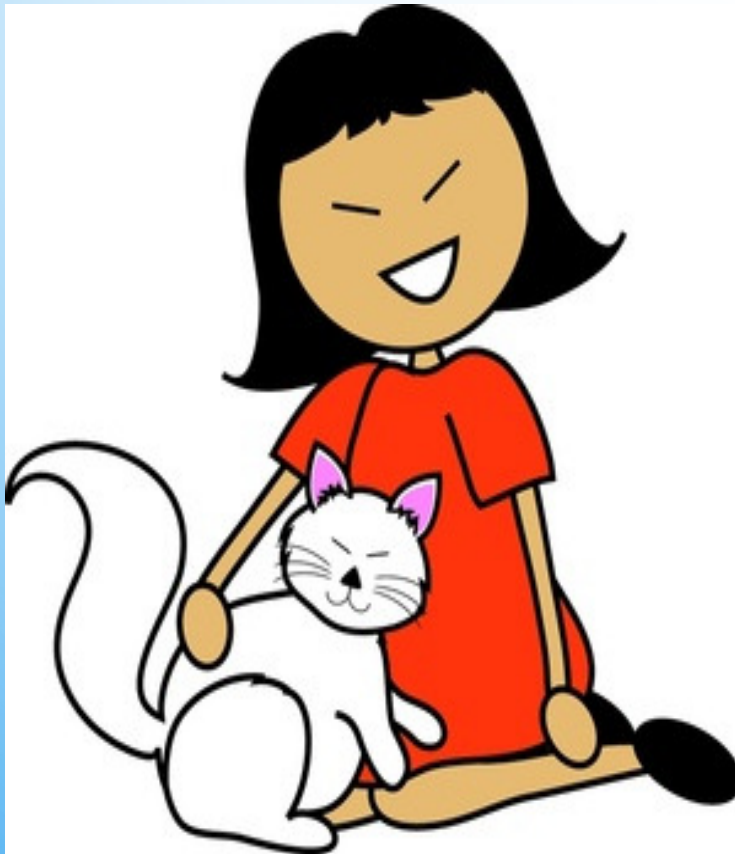
Then:



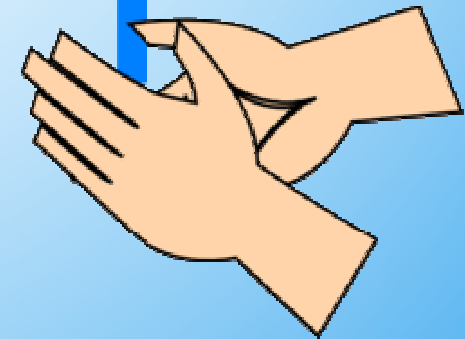
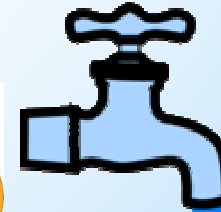
Clean Hands = Germs Free Hands.

When to wash hands? After touching pets or other animals.

First:



Then:



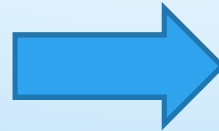
Clean Hands = Germs Free Hands.

- When to wash hands ? After blowing my nose, coughing or sneezing

First:



Then:



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When to wash hands ? After handling rubbish.

First:



Then:



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Different types of hand washing soaps.



Soap bar

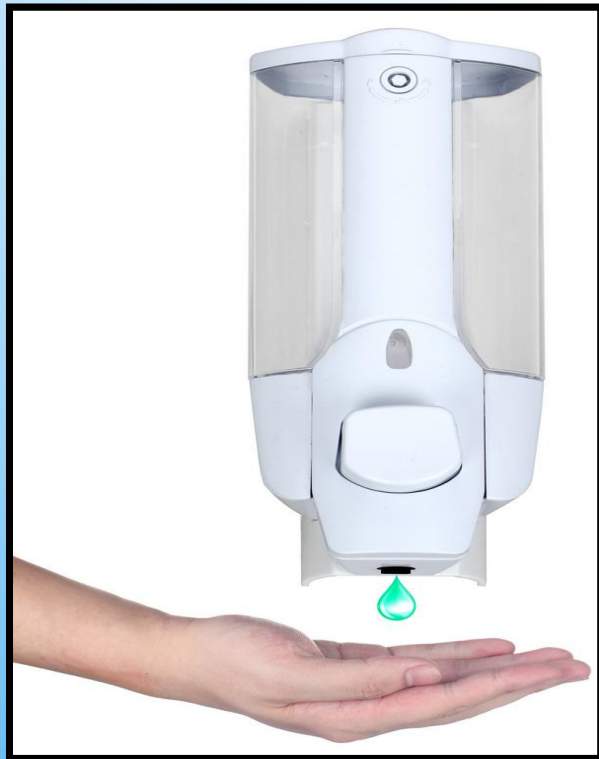


Liquid soap



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liquid soap dispenser



Auto dispenser



Press on dispenser

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Drying my hands.

I can use:



towel



paper towel



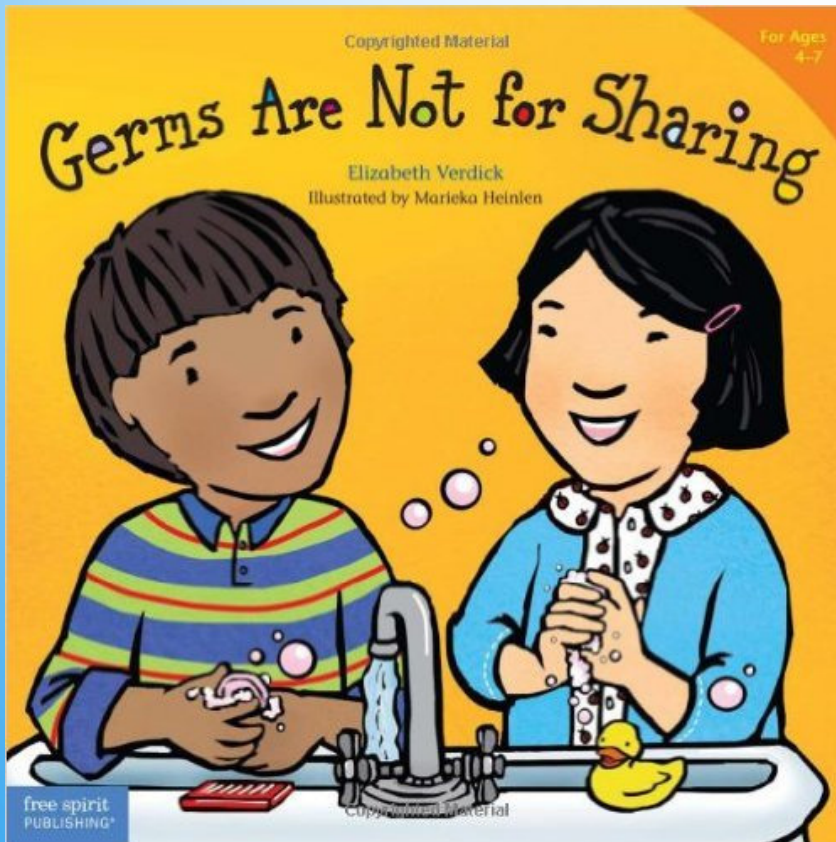
Hot air dryer



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Objectives: **Literacy:** Read the book [*Germs Are Not for Sharing!*](#) by Elizabeth Verdick.

Children will learn about the importance of using soap and water to kill germs.



Activity:

Discuss the book with children. Talk about all the different ways that germs can be spread. Have children sit in a large circle. Pretend to sneeze in your hand and spray some cooking spray on your hand. Sprinkle some glitter on your hand. Ask children to pretend that the specks of glitter are germs.

Then, shake a child's hand and have the child look at their hand. Say "Look, she got my germs." Then have that child shake someone else's hand, and so on. Choose one child to wash but not dry his/her hands, Then have that child show the other children his/her hands (not all glitter should be gone yet).

Next, have the child dry his/her hands with a paper towel and show the other children again. Explain that correct handwashing is important to get rid of germs that can make us sick.

<https://pbs.twimg.com/media/B6IXLmrCcAAF4OD.png>

<http://clipartall.com/img/clipart-57710.html>

<http://www.clipartkid.com/images/129/health-wash-hands-307-classroom-clipart-LVshkx-clipart.jpg>

<https://sites.google.com/a/gdrsd.org/flo-ro-nurses-office/healthy-fun/hand-washing>

<https://thumbs.dreamstime.com/z/washing-hands-soap-hygiene-2926111.jpg>

[https://www.google.com.au/search?q=Clean+happy+hand&source=lnms&tbm=isch&sa=X&ved=0ahUKEwigv bT05uTSAhUJNJKHf6HA8oQ_AUICCGB&biw=1920&bih=1108#tbm=isch&q=wash+hand+beforeeating+fo od+clipart*&imgdii=YDiYUrt56ySpNM:&imgrc=U9wW1WB-QVILM:](https://www.google.com.au/search?q=Clean+happy+hand&source=lnms&tbm=isch&sa=X&ved=0ahUKEwigv bT05uTSAhUJNJKHf6HA8oQ_AUICCGB&biw=1920&bih=1108#tbm=isch&q=wash+hand+beforeeating+food+clipart*&imgdii=YDiYUrt56ySpNM:&imgrc=U9wW1WB-QVILM:)

<http://twigglemagazine.com/September-activities/Germs-handwashing-preschool-lesson.html#>

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