



Hand Washing Lesson

Cooperative Extension Service



College of Tropical Agriculture & Human Resources
University of Hawaii at Manoa

Purpose: Increase awareness and improve effectiveness of hand washing

Hawaii Department of education Content Standards: Health

Kindergarten

K-2.1.7 Describe the benefits associated with personal cleanliness

First Grade

K-2.1.8 Describe the signs and symptoms of common illness and strategies one can use to avoid spreading or catching illnesses

Learning Objectives

1. Students will become aware that bacteria are all around, on people and surfaces.
2. Students will learn the steps in correct hand washing.
3. Students will learn when they should wash their hands.
4. Students will learn that they can stay well by washing their hands.

Supplies Needed:

- Germ City® Unit
- Posters “Wash Your Hands” and “When to Wash”
- Pretend Germ Lotion in a pump bottle (Brevis 8oz bottle for about 500 students)
- Spray bottle with water
- Soap and paper towles

Introduction

- It's important to wash your hands to keep from getting sick
- If you're sick:
 - 1) You Feel Bad
 - 2) You can't Come to School to learn and play with your friends
- We'll practice how to do a good job washing your hands.

Key Points About Germs

- Germs are everywhere
- Germs make you sick
- Germs are very small, you can't see with just your eyes
- Germs get into your body through your mouth, nose, eyes, cuts and scrapes
- Demonstrate how germs move from one surface to another. Spray your hand with water and touch a paper to demonstrate.
- Washing hands is the best way to keep the germs from moving from place to place and getting into your body

Important times to wash your hands (refer to "When to Wash Your Hands" Poster)

- After coughing, sneezing or blowing your nose
- After playing or working outside
- Before preparing or eating food
- After using the restroom
- After playing with animals

Explain steps for washing hands: (refer to Germ City “Wash Your Hands” posters)

- Wet hands
- Apply soap
- Wash hands for 20 seconds, rubbing hands together vigorously– front and back, between fingers, fingernails and thumbs, and around wrists. Practice washing while singing Happy Birthday twice or the ABC’s.
- Rinse thoroughly with clean water.
- Dry hands with a clean paper towel, turn off faucet with paper towel, and throw paper towel into trash.

Look at the “pretend germs” on hands

- Explain that real germs are too small to see, but using the “pretend germ lotion” we can see what the real germs on our hands would look like.
- Emphasize that these are pretend germs and will not make you sick.
- Demonstrate placing the “pretend germ lotion” the size of a pea on your hands and rub it around the front and back of hands as you would hand lotion.
- Place a small amount of the “pretend germ lotion” on children’s hands and have them rub it around their hands.
- Students go into the Germ City tent to see the “pretend germs” on their hands.

Note: if students have skin sensitivities or are allergy prone, please check with the school health staff or parent if the child can participate. If not, they can observe other students

Hands-On Practice with Hands Washing

- After seeing the “germs” on their hands, have student wash their hands using the hand washing method discussed. (Teachers and classroom assistants can reinforce the steps for hand washing and singing along with students to encourage 20 seconds of washing)
- Keep things safe by checking for water and soap on the floor.

Re-Visit the Germ City Tent

- Students re-visit the germ city tent to check if any “pretend germ lotion” remains on their hands
- Teacher or Extension Educator inside the Germ city tent can point out areas that students missed during hand washing.

Discussion and Review with Children

SHARE

- Discuss with students what they did, observed or learned.

PROCESS

- Re-emphasize the importance of washing hands with soap and water and demonstrate motions for hand washing.
- Why is it important to wash your hands?

GENERALIZE

- How can you help yourself healthy?

APPLY









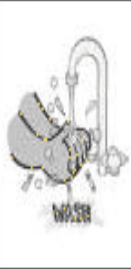

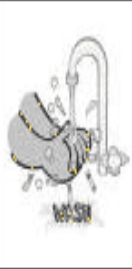



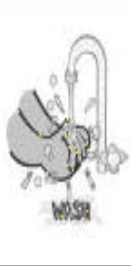


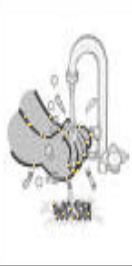
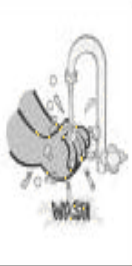

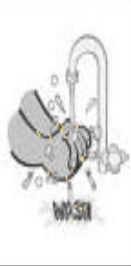
- Re-emphasize washing hands often and well to keep from getting sick.
- Review important times to wash hands.
- After what activities will you wash your hands?

Optional Activities:

- Student track hand washing for one week using the hand washing chart (chart Attached or can also be found on the Germ City website, <http://www.ctahr.hawaii.edu/NEW/GermCity/tools.html>.)
- Make a germ puppet using a sock or paper bag (refer to FightBAC Website, <http://www.fightbac.org/content/view/38/3/>)
- Hand washing coloring sheets complete coloring sheets
- Germ City– WHEN TO WASH YOU HANDS AND HOW TO WASH YOU HANDS: <http://www.ctahr.hawaii.edu/NEW/GermCity/tools.html>
- Scrub Club: see attached or refer to [http:// www.scrubclub.org/assets/pdf/coloring_pages.pdf](http://www.scrubclub.org/assets/pdf/coloring_pages.pdf)
- Govern Food Safety resources– <http://foodsafety.gov/~fsg/handwash.html>
- Other Ideas from Gojo Healthy Hands, Healthy kids– http://www.healthyhands.com/educator/grades_pre_2.htm

Hand Washing Lesson

Color a Square each time you wash your hands.

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Before Breakfast							
Before Lunch							
Before dinner							



Wash Your Hands



WET



SOAP



WASH



RINSE



DRY



**TURN OFF
WATER**

When to Wash Your Hands



**AFTER COUGHING
AND SNEEZING**



**AFTER PLAYING OR
WORKING OUTSIDE**



**BEFORE PREPARING
OR EATING FOOD**



**AFTER USING THE
RESTROOM**



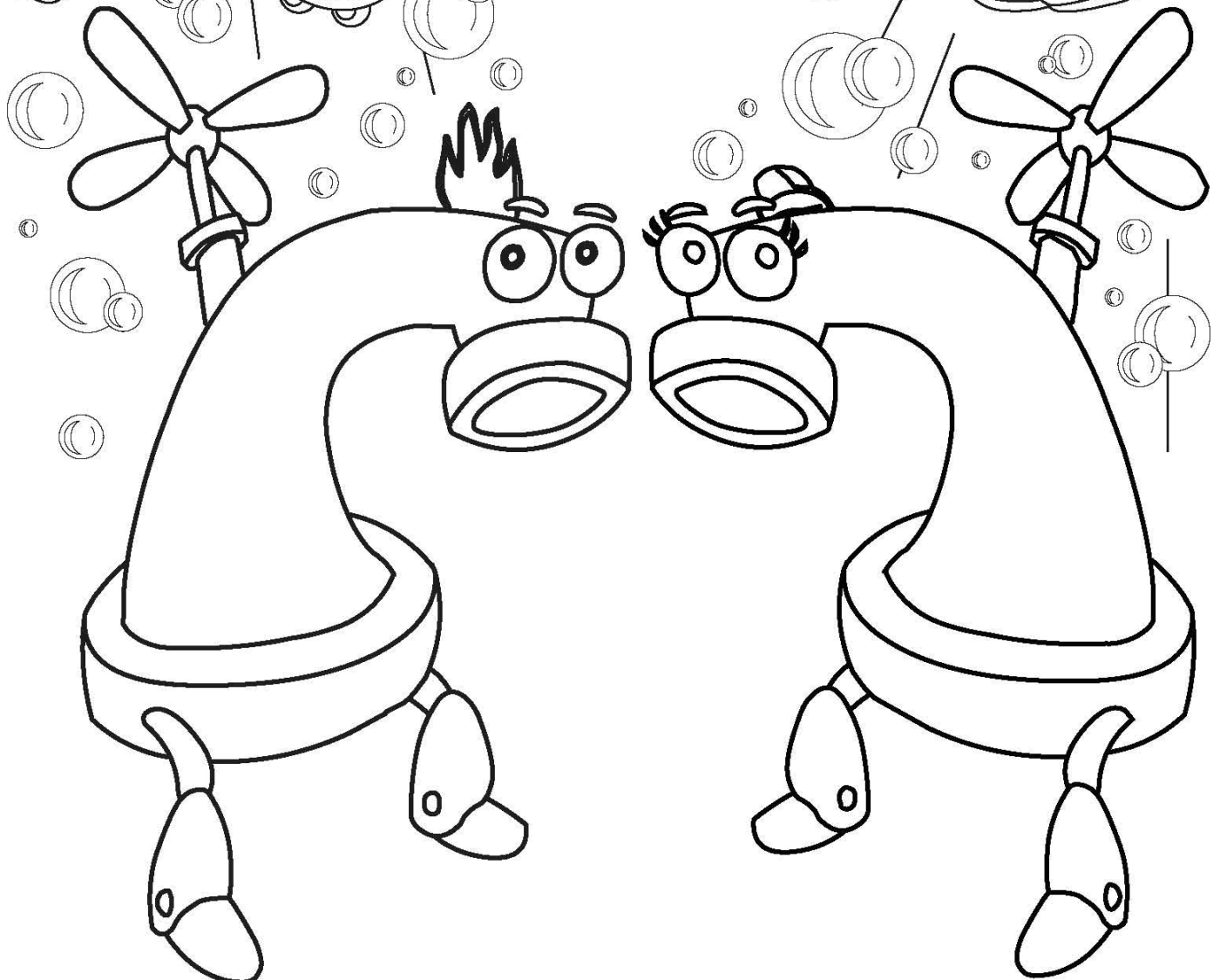
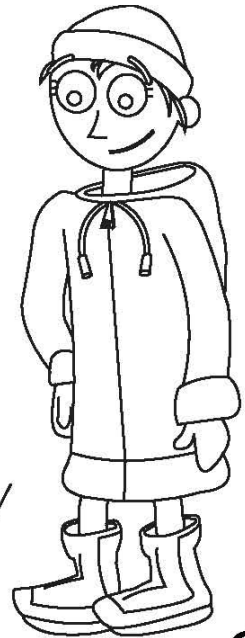
**AFTER PLAYING
WITH ANIMALS**

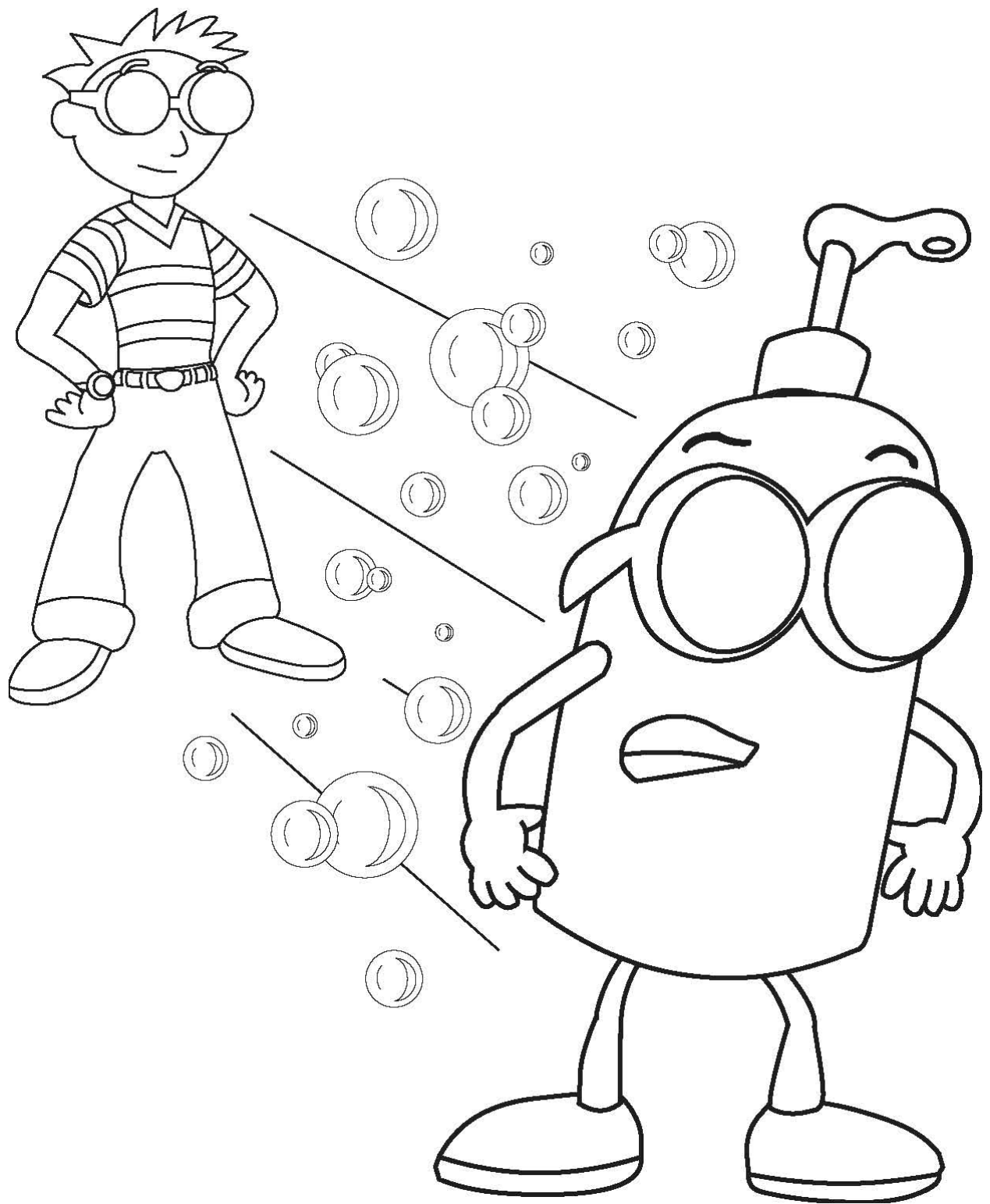




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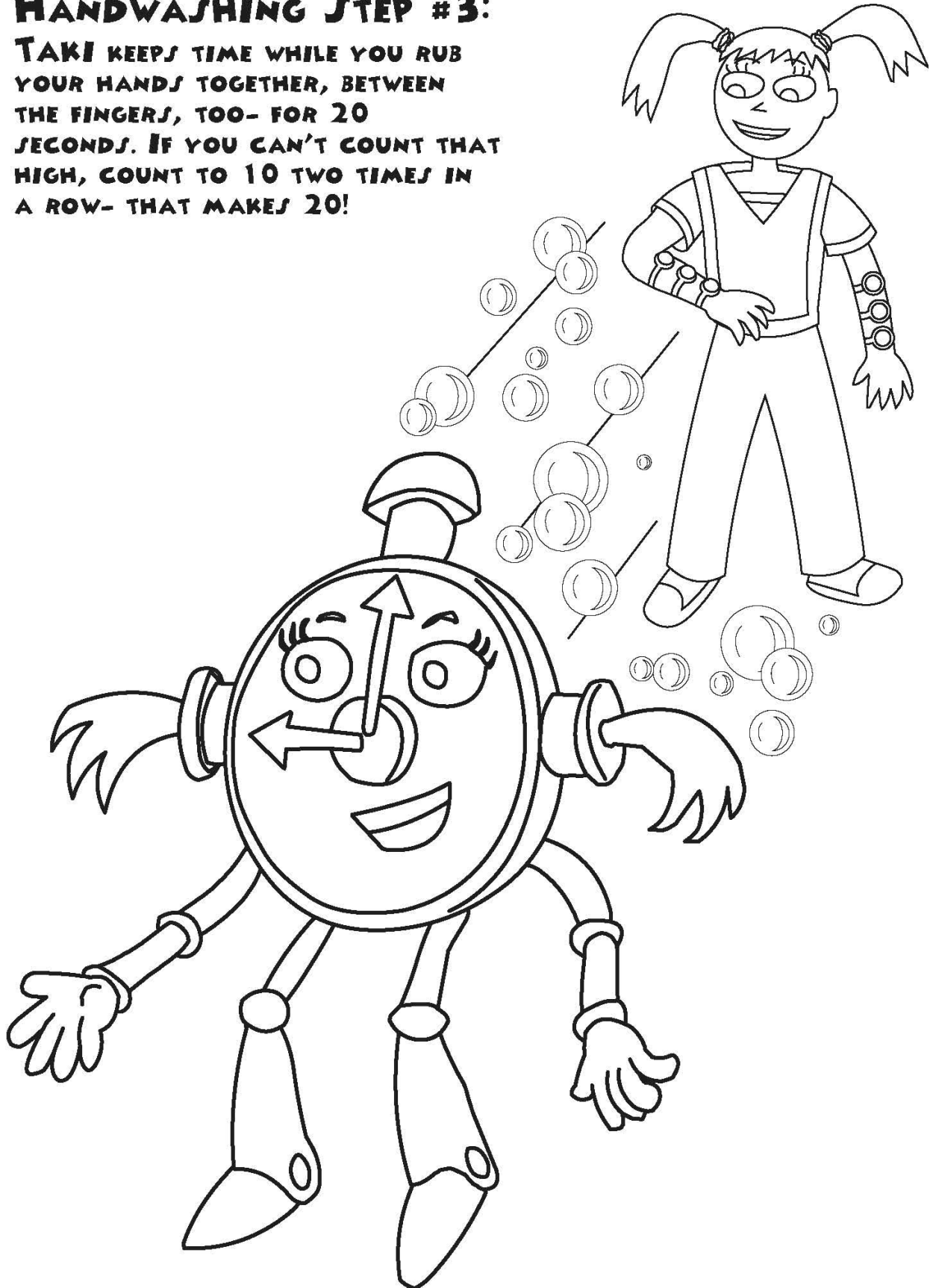
HOT SHOT AND CHILL
REMINDE YOU TO WET YOUR
HANDS WITH WARM WATER.



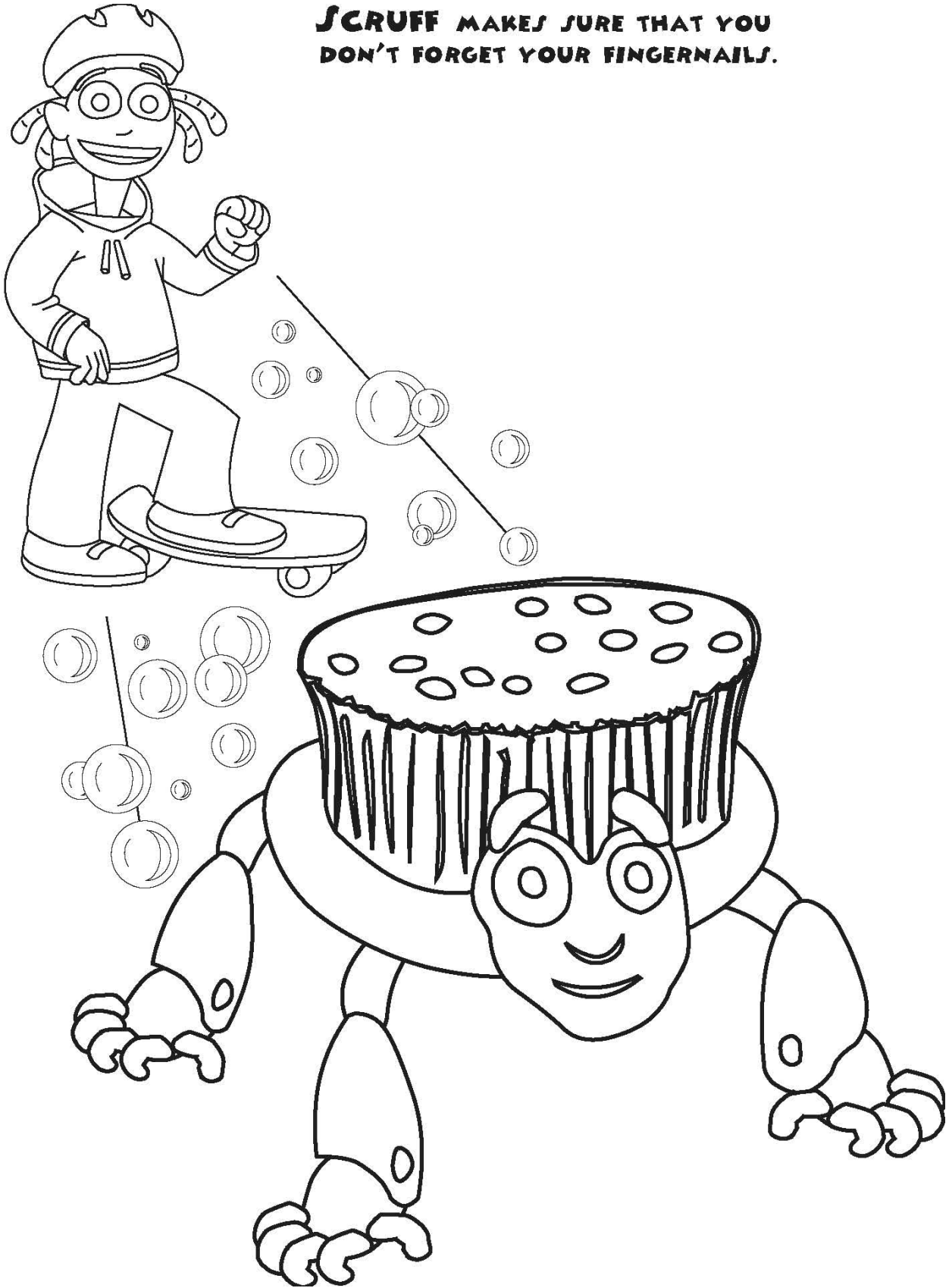


HANDWASHING STEP #3:

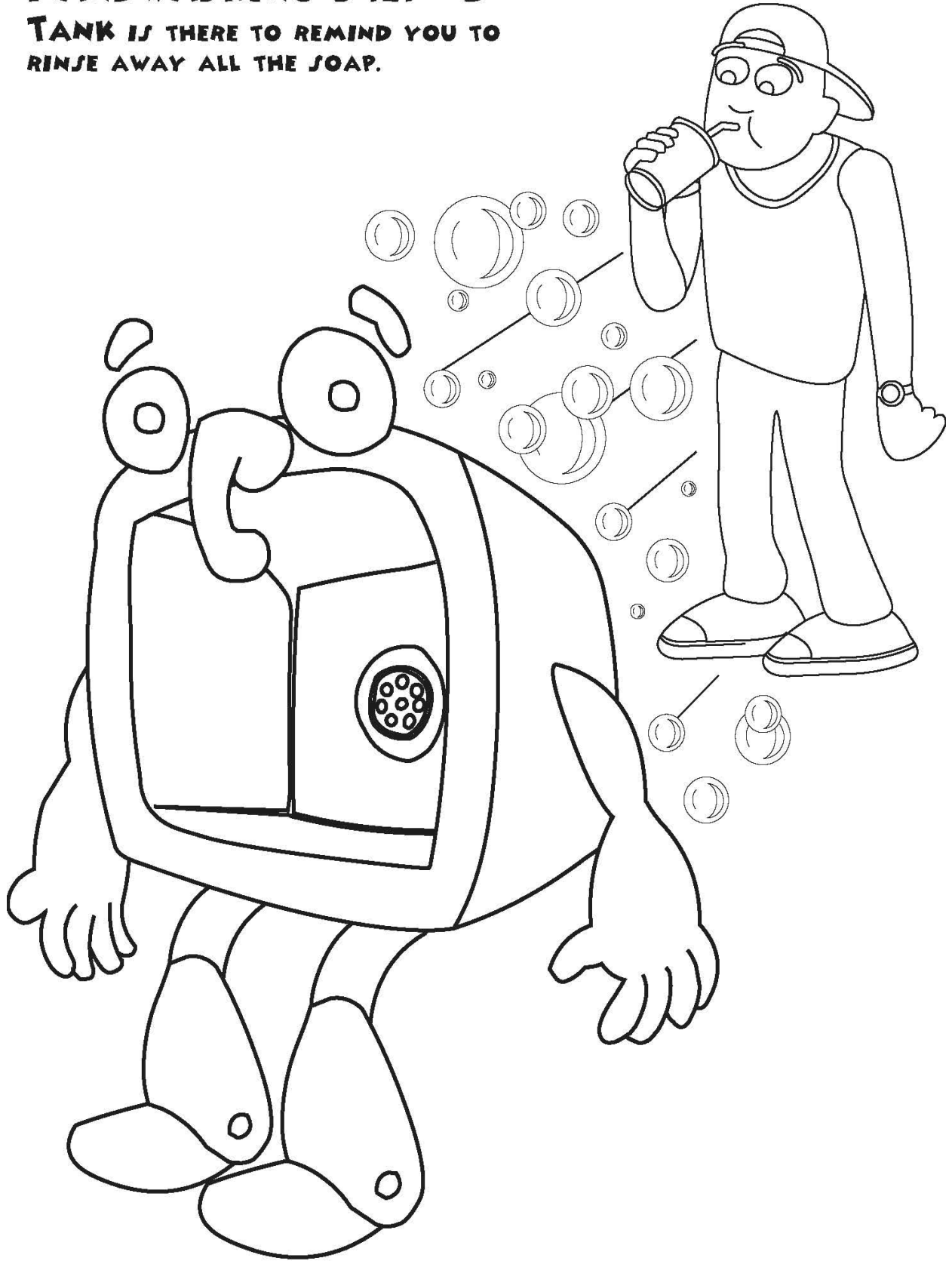
TAKI KEEPS TIME WHILE YOU RUB YOUR HANDS TOGETHER, BETWEEN THE FINGERS, TOO- FOR 20 SECONDS. IF YOU CAN'T COUNT THAT HIGH, COUNT TO 10 TWO TIMES IN A ROW- THAT MAKES 20!



**SCRUFF MAKES SURE THAT YOU
DON'T FORGET YOUR FINGERNAILS.**



**TANK IS THERE TO REMIND YOU TO
RINSE AWAY ALL THE SOAP.**



**P.T. SHOWS YOU HOW TO DRY
YOUR HANDS WITH A PAPER
TOWEL OR WARM HAND DRYER.**

