# Activities

## Kindergarten

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**Acknowledgement**

This teaching resource was developed by the Do Bugs Need Drugs? program in collaboration with Alberta Health and Wellness and Alberta Education.
The handprint mural is a classroom reminder about the importance of handwashing. After making a handprint on the mural, students will wash the paint off their hands using good handwashing technique with guidance from an adult. The paint serves as a visual indication of whether all parts of the hands have been washed.

Materials
- Yellow, red, blue finger paint
- Mixing trays
- Stubby paintbrushes
- Large sheet of firm paper
- Spoons

Optimal Group Size
- 2 or 3 children at a time

Directions
- Securely tape the paper to a tabletop.
- Have children mix colors to achieve a “murky” dirt color. Help children “paint” their hands.
- Children will then make a handprint on the paper.
- Ask children to rub their hands together so that the paint is on all parts of their hands.
- Direct children to the washroom for handwashing practice. Children should wash their hands well before going on to other activities.
- Note: You might need paper towels and a wastebasket nearby for easy access.
- Hang the mural in the classroom as a handwashing reminder

Discussion Points
- What will you remember when you see the mural of all your handprints?
- Do you think you can get all the paint off when you go to the washroom?
- What parts of your hands will you need to wash?

Key Message
Remember to wash all parts of your hands when they are dirty.
**Handwashing with an Adult**

Students will practice handwashing with guidance from an adult.

**Materials**
- Hang the *How to Wash Your Hands* poster and the *Twinkle, Twinkle* song poster in the washroom ahead of time.

**Optimal Group Size**
- One child at each sink
- **Note**: Enlist a teacher’s aide, parent volunteer or possibly an older student(s) to help with the handwashing practice.
- Send small groups of children to the washroom with an adult to supervise.

**Directions**
- Adult mentors should be familiar with the six steps of handwashing and the *Twinkle, Twinkle* song.
- Guide children through the handwashing process. Ask them to sing the *Twinkle, Twinkle* song as they are rubbing their hands with soap, to make sure they are washing for 20 seconds.
- Resist the temptation to turn the taps on/off or get paper towels for the children.
- Discuss the following steps of handwashing as you are guiding the students through the procedure. Encourage them to follow the visual aids (posters).
  1. Wet hands with warm running water
  2. Apply soap
  3. Rub hands together for 20 seconds to the song: *Twinkle, Twinkle*
     Wash all hand surfaces including:
     - Palms
     - Between fingers
     - Backs of hands
     - Thumbs
     - Wrists
     - Fingertips and nails
  4. Rinse your hands to get the germs off (about 10 seconds)
  5. Dry your hands with a paper towel
  6. Use the paper towel to turn off the tap and open the washroom door

**Key Message**

*Leave the washroom neat and tidy*

**Handwashing is the best way to stop the spread of infections.**
How to wash your hands

1. Wet your hands
2. Apply plain soap
3. Rub hands together
4. Rinse your hands
5. Dry your hands
6. Turn off taps with a paper towel

Leave the washroom neat and tidy
Handwashing Song

Twinkle, twinkle little star,
Look how clean my two hands are,
Soap and water, wash and scrub
Get those germs off rub-a-dub,
Twinkle, twinkle little star,
Look how clean my two hands are.
Color and cut out the six steps of handwashing
HANDWASHING ACTIVITY SHEET

Place the six steps of handwashing in the right order