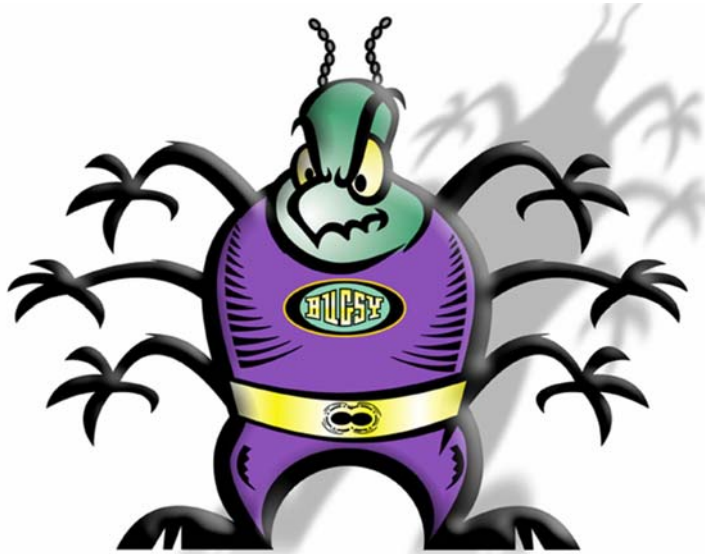


WASH YOUR HANDS



KINDERGARTEN Lesson Plan

DO
BUGS
NEED
DRUGS?

GRADE



K

Handprints

Suggested Time: 50 minutes

Overview

Students will learn that handwashing keeps them healthy and the important times to wash their hands. The steps of handwashing are taught first by watching the handwashing video and then by practicing handwashing with adult guidance. Flash cards are used to teach how and when to wash hands. Additional activities include making a handprint mural for the classroom, a worksheet, and a coloring page. **Note:** If time is an issue, this unit can be divided into shorter sessions.



Curriculum

- W-K.2 Hygiene and Health Care Habits – Students will identify and use positive hygiene and health care habits; e.g., handwashing, dental care, wearing appropriate clothing for prevailing conditions.

Learning Outcomes

Students will learn:

- Handwashing keeps you healthy
- When to wash your hands
- Six steps of good handwashing

 Lesson Plan		 Material Checklist
• Handwashing Keeps You Healthy	5 minutes	<p><u>Material Downloads</u></p> <ul style="list-style-type: none"> ✓ Picture of Buggy ✓ When to Wash Hands flash cards ✓ Steps of Handwashing flash cards ✓ Handwashing Video ✓ Handprint Mural instruction sheet ✓ Handwashing with an Adult instruction sheet ✓ How to Wash Your Hands poster ✓ Twinkle, Twinkle song poster ✓ Handwashing activity sheet and Buggy coloring sheet (one for each child) <p><u>Teacher Supplied Material</u></p> <ul style="list-style-type: none"> ✓ For Handprint Mural: finger paints, spoons, paint mixing trays, brushes and large sheet of sturdy paper ✓ For the Activity Sheet: crayons, scissors, glue ✓ Washrooms with soap and paper towels
• When to Wash Your Hands	5 minutes	
• How to Wash Your Hands • Handwashing Video	15 minutes	
• Handprint Mural	25 minutes	
• Handwashing Practice with an Adult		
• Classroom Activity Page and Coloring Sheet		

Teacher Information

Eighty percent of common infections can be spread by the hands. Hands can pick up germs from other people or from objects that are touched by others, such as door knobs, light switches and even teachers' desks. When the hands come in contact with the nose, mouth or eyes, germs can enter the body to cause illness. The hands are the middle-man in the chain of transfer of germs from the environment to the body. That is why handwashing is so important. Handwashing is the best way to stop the spread of infections.

Children need to learn the steps of proper handwashing because poor handwashing technique does not remove germs. The steps of handwashing are:

1. Wet your hands.
2. Apply soap.
3. Rub your hands together for 20 seconds or the time it takes to sing Twinkle, Twinkle. Rub all parts of your hands including palms, between your fingers, backs of hands, thumbs, wrists, fingertips and nails.
4. Rinse your hands.
5. Dry your hands with a disposable towel.
6. Use the towel to turn off the taps and let yourself out the washroom door.

Don't forget to leave the washroom neat and tidy.

Children also need to know the most important times to wash their hands so handwashing becomes routine. These include: before eating or preparing food, after using the toilet, after playing outside, after blowing your nose, after touching animals or pets and after handling garbage.

In addition to handwashing, other strategies for preventing the spread of illness in the classroom can be encouraged. To avoid getting germs on their hands and in the air, teach children to cough and sneeze in their sleeve. Encourage children to keep their hands away from their face because this will prevent germs from coming in contact with the nose, mouth or eyes.

What about soap and alcohol-based hand sanitizers? Use plain soap. Plain soap is just as effective as antibacterial soap in preventing illness and does not have the negative medical side effect of promoting resistance to antibiotics. Alcohol-based hand sanitizers kill germs on the hands, but do not work if the hands are greasy or dirty. Hand sanitizers are ideal if soap and water are not readily available, but since children's hands are often soiled, handwashing is particularly important for this age group.

Handwashing with plain soap and water is a very effective way to prevent illness. When students and teachers wash their hands properly and frequently, the number of germs spread throughout the classroom can be significantly reduced.

Lesson

Introduce Buggy

Materials: Picture of Buggy

Introduce Buggy to the class and explain that Buggy is here to help them learn about handwashing. Buggy will have important messages as we go along. As you can see, handwashing is really important for Buggy because he has lots of hands! How many hands does Buggy have?

Note: Graphic can be downloaded in print or overhead format or viewed on line from a projector or SMART board.

Handwashing Keeps You Healthy (5 minutes)

Explain to students that today they will be learning about germs and where germs can be found. They will also be learning about ways to stop the spread of germs and talking about other things they can do to stay healthy.

? *Do you know what germs are? Can you see them?*

Sum up: Germs are tiny living things that can make you sick. Germs are so small that they can't be seen, except under a microscope. (Illustrate by pinching your thumb and forefinger together.)

? *How do you think germs are spread?*

Sum up: Coughing and sneezing are two examples, but the most common way that germs are spread is by the hands.

? *What do you think happens if you touch a doorknob that has germs on it?*

Sum up: The germs come off on your hands.

? *Then what happens if I shake your hand?*

Sum up: You will get germs too.

? *Can you name some infections/diseases that are caused by germs?*

Sum up: Colds, influenza, sore throats, ear infections, "stomach flu", and pneumonia are some of the illnesses that are caused by germs.

? *Who has had any of these illnesses? How did you feel?*

Sum up: Infections make you feel miserable. Sometimes you have a runny nose, cough, fever or headache. Sometimes you throw up or feel tired or achy.

? **What are some of the things you can do to stay healthy?**

Prompt with the following:

- **Brushing your teeth** gets rid of germs that can cause cavities.
- **Eating healthy foods** keeps your body strong so germs can't get in.
- **Daily activity** keeps your body fit and prevents illness.
- **Washing your hands** removes germs on your hands that can make you sick or that you can spread to someone else.



BUGSY SAYS HANDWASHING KEEPS YOU HEALTHY!

When to Wash Your Hands (5 minutes)

Materials: When to Wash Hands flash cards.

Cards can be laminated if desired. Alternatively, images can be downloaded as overheads or viewed on-line from a projector or SMART board.

Explain that handwashing washes away germs from the hands. Lead the students in a discussion of when they think it is important to wash their hands.

Ask students to think of times when they might have germs on their hands that could get into their body to make them sick. Show flash cards to students and encourage them to come up with additional answers. Flash cards show the most important times to wash your hands:

Before eating or touching food	After blowing your nose
After using the toilet	After touching animals/pets
After playing outside	After handling garbage

Explain that it is important to wash your hands before eating or preparing food because this is a time when germs from their hands could get on the food that goes into their mouth. Hands should also be washed after any activities when germs can get on your hands such as after using the toilet, after playing outside, after blowing your nose, after touching animals or pets and after handling garbage.

Handwashing keeps you healthy. Handwashing gets rid of germs that can make you sick or that you might spread to other people.



BUGSY SAYS REMEMBER WHEN TO WASH YOUR HANDS!

How to Wash Your Hands and the Handwashing Video (15 minutes)

Materials: Handwashing Video or DVD on request
Steps of Handwashing flash cards

Inform students that they are now going to see a handwashing video showing the proper way to wash their hands. Tell them that you are going to ask questions about what they saw, so it's important to watch carefully.

After playing the video once, ask students if they can remember the steps of handwashing. They are:

1. Wet your hands.
2. Apply soap.
3. Rub your hands together.
4. Rinse your hands.
5. Dry your hands with a paper towel.
6. Use the towel to turn off the tap and let yourself out the door.

Last, don't forget to leave the washroom neat and tidy!

To review, imitate the six handwashing steps from the video and ask the students to join in.

Show the Steps of Handwashing flash cards. Ask students to help you get them in the right order. Post the flash cards in the classroom.

Explain that along with the proper steps of handwashing the length of time spent rubbing their hands with soap is also important. It takes 20 seconds of rubbing the hands together with soap to get rid of germs.

Ask students what they remember from the video about how to rub their hands together. What parts of the hands need to be scrubbed? Show the video again if it helps. Prompt the students to name:

- Palms
- Between the fingers
- Backs of hands
- Thumbs
- Wrists
- Fingertips and nails.

Using the Twinkle, Twinkle song as a 20 second timer, ask students to imitate rubbing their hands together with soap while singing the song. Encourage students to rub their palms, between the fingers, backs of hands, thumbs, wrists, and fingertips and nails.



BUGSY SAYS REMEMBER ALL THE STEPS OF HANDWASHING.

Activities

Handwashing (25 Minutes)

The following handwashing activities are meant to be completed as a group. If they are not offered immediately after the preceding sections, it may be helpful to show the handwashing video again as a reminder of good handwashing technique.

These activities require the help of an aide, volunteer or possibly an older student in the school, as not all children can practice handwashing in the washroom at once. Worksheets and coloring sheets are provided as classroom activities for students not taking their turn in the washroom.

Handprint Mural

See: Handprint mural instruction sheet.

Students should participate in this activity immediately before practicing Handwashing with an Adult. Finger paint allows students to see how well they wash their hands because paint will be left on the hands in places that were not washed.

The mural showcases the class as a community of good handwashers. It can be hung in the classroom or hallway afterwards as a reminder of the importance of handwashing.

Handwashing with an Adult

See: Handwashing with an Adult instruction sheet

Use: How to Wash Your Hands poster
Twinkle, Twinkle song poster

Students will practice handwashing in the washroom with guidance from an adult. Mentors should be familiar with the steps of handwashing, the Twinkle, Twinkle song, and the parts of the hands that need to be washed.

Post the How to Wash Your Hands poster and Twinkle, Twinkle poster in the washroom in advance.

Students will have paint on their hands from the handprint mural and should strive to wash all the paint off. The paint provides a visual cue about whether handwashing has been done properly. Mentors should watch children carefully and offer verbal suggestions and guidance to improve technique, but resist the temptation to turn on the taps or get paper towels. Remember to congratulate students on mastering the steps of handwashing!

Worksheets and Coloring sheets

Use: Steps of Handwashing flash cards
Handwashing activity sheet
Bugsy coloring sheet

Photocopy one activity sheet and one coloring sheet for each child.

Remind students to use the posted Steps of Handwashing flash cards as a guide for the activity sheet. The students will color the handwashing images, cut them out and paste them in the proper order of the steps of handwashing. Ask students to look carefully at the pictures because some of them are similar.

The Buggy coloring sheet is provided to familiarize students with this cartoon character. Buggy appears repeatedly in these resources.

Ask students to take their artwork home to show their family.

These activities are to be completed by students in the classroom while other students are in the washroom practicing Handwashing with an Adult.

Recommended Children's Book

Ross, T. *Wash Your Hands!* La Jolla: Kane/Miller, 2000.

Ongoing Education

- Show the Handwashing Video throughout the year to reinforce good handwashing technique.
- Be a good role model. This is the best way to encourage handwashing.
- Establish routines so that handwashing becomes a habit. For example, have students always wash their hands before lunch and after coming inside from recess.
- Post signs to remind both staff and students to wash their hands.
- Place handwashing charts at eye level for children and have them mark every time they wash their hands.
- Reward good handwashing practice with stars, stickers, pizza party, etc.
- Develop a handwashing certificate for students.
- Encourage students to pass along handwashing information to parents and siblings at home.
- Refer to Practical Solutions to Handwashing Problems to facilitate good handwashing in your student washrooms.

PRACTICAL SOLUTIONS TO HANDWASHING PROBLEMS

Problem	Hygiene Principle	Solution
Soap or paper towels not available	Handwashing by students, teachers and staff is the best way to stop the spread of infections in schools.	Inform custodial staff and/or principal. Suggest that the school administration hold an information session for custodial staff about the importance of handwashing. Handwashing protects custodial staff too.
Taps go off automatically and water does not run long enough	Water needs to run long enough to rinse off soap and germs.	Have students wash hands with a buddy so they can assist each other with the tap. Students should use a paper towel to push in the tap if they have already washed their hands.
Warm water not available	Cold water is a deterrent to handwashing.	Discuss with school administration. If it is not possible to have warm water, use cold. Cold water is less comfortable but will work (with soap) to remove germs from the hands.
Children cannot reach the taps or sink	Handwashing is important for all children.	Provide a stool or step that does not tip.
Need to conserve water. Taps should not be left running.	Good handwashing technique includes using a paper towel to turn off the taps. This prevents recontamination of the hands from dirty taps.	Suggest that students get their paper towel before washing their hands so that it is available when they need to turn off the taps. The towel can be tucked under the arm or into a pocket until it is needed.
Paper towel dispenser is far away from the sink		
Paper towel dispenser has a lever or button	Hands can be recontaminated by touching the lever or button to dispense a paper towel.	Show students how to use an elbow or forearm to dispense the towel or suggest they get the paper towel before washing their hands.

Problem	Hygiene Principle	Solution
Wastebasket is not near the door	Hands can be recontaminated by touching the washroom door or handle. Good handwashing technique includes using the paper towel to open the washroom door. To avoid making a mess, it's best to have the wastebasket near the door.	Move the wastebasket close to the door or prop open the door. If neither are possible, suggest that students take the towel with them and throw it away in the classroom.
Handwashing takes too much time	Handwashing prevents illness and reduces absenteeism. In the long run it saves time.	Establish routine times for students to wash their hands. Before lunch and after recess are ideal. Teach good handwashing technique and remove barriers so that students become proficient.
Custodial staff concerned about the mess in the washroom	Washrooms should be neat and tidy.	Reinforce the final message of good handwashing with the students to properly throw away their paper towel in the wastebasket.
Don't know if antibacterial soap is in use	Plain soap does not promote antibiotic resistance and is equally effective in preventing the spread of germs.	Ask about the soap that is used in your school. Read the ingredients. If the soap contains "triclosan" it is antibacterial soap. Antibacterial soap has negative medical side effects and does not work any better than plain soap. If antibacterial soap is in use, suggest switching to plain soap. Plain soap is generally less expensive.

Acknowledgement

This teaching resource was developed by the Do Bugs Need Drugs? program in collaboration with Alberta Health and Wellness and Alberta Education.