### ACTIVITIES
#### GRADE ONE

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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*
Handwashing with a Buddy for Grade One

Use this activity after students have viewed the handwashing video to practice good handwashing technique.

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 pair of students at each sink.

Directions

- Explain to the students that they will be using the buddy system to practice handwashing in the washroom. One student will be washing their hands while their buddy watches and makes helpful suggestions. Then they will reverse the process so that their buddy has a turn washing.
- Encourage buddies to help each other to do a good job.
- Remind students to use the posters as visual cues.
- Review the six steps of handwashing:
  1. Wet hands
  2. Apply soap
  3. Rub hands together for 20 seconds and sing the song: Twinkle, Twinkle. Wash all hand surfaces including:
      - Palms
      - Between fingers
      - Backs
      - Thumbs
      - Wrists
      - Fingertips and nails
  4. Rinse hands to get the germs off (about 10 seconds)
  5. Dry hands with a paper towel
  6. Use the paper towel to turn off the tap and open the washroom door

Leave the washroom neat and tidy

- Pair up the students; send small groups to the washroom, one pair per sink.

Key Message

Handwashing is the best way to stop the spread of infections.
GLITTERY HANDS

This activity shows how easily germs can be spread from one person to another. Once the students have completed this activity they will need to wash their hands. The glitter allows them to visualize the germs being washed away.

Materials

- Glitter (different colors, optional)

Optimal Group Size

- Small groups of 4 or 5

Directions

- Explain that you are going to use glitter to show how easy it is to spread germs with the hands. The glitter represents pretend germs.
- Divide students into small groups of 4 or 5.
- Apply glitter to one hand of one student in each group (optional, use a different color of glitter for each group).
- Have the students in each group shake hands with each other until all group members have participated. If using different color glitter, then ask the groups to shake hands with students in other groups.
- Have students look at their hands and observe how fast and easily germs can be spread by the hands.
- Ask students to look at the hands of the students in the other groups as well.

Discussion Points

- If these were real germs, why would it be important to wash your hands now?
  To get the germs off my hands and stop spreading them to other people.

- How could these germs make you sick?
  By getting into the body through the nose, mouth and eyes.

- How can you make sure that the germs on your hands don’t make you sick?
  By keeping my hands away from my face and by washing my hands properly with soap and water.

Key Messages

Germs are easily spread by the hands from one person to another. Germs get into your body when your hands touch your nose, mouth or eyes. Handwashing is the best way to stop the spread of germs.
HOW TO WASH YOUR HANDS

1. Wet your hands
2. Apply soap
3. Rub hands together
4. Rinse your hands
5. Dry your hands
6. Turn off tap with 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.
This card game uses a deck of 52 Bug Off cards which depict the six steps of handwashing, the six times when it is important to wash your hands, and Bugsy. This game is similar to “Go Fish” and is used to familiarize students with the handwashing process.

**Materials**
- Bug Off cards

**Optimal Group Size**
- Small groups of 3 to 5 players

**Directions**
- 5 cards are dealt to each player. Players hold their cards in their hands so no one else can see them.
- Place the remaining cards face down on the table and spread them around.
- Before starting the game, players arrange the cards in their hands into pairs and place any pairs they may have face up on the table.
- Starting with the player to the left of the dealer and moving clockwise, the first player looks at the cards in their hand and asks any one of their opponents if they have any “____”, which should be one of the cards they have in their hand that they are trying to match up.
- If the opponent has the card, they must give it to the player, who then places the pair face up on the table. The player continues to ask opponents for cards until no match is made. If the opponent does not have that card they tell the other player to “Bug Off!”.
- The player must then pick up a single card from the pile on the table. If they make a pair in doing so, they place it face up on the table. Play passes to the person to the left. If a player runs out of cards before the game is over, they must then pick up five cards from the pile.
- Once all the cards are gone from the pile, play continues until one player is out of cards.
- Scoring and winning: Each pair is worth one point. The person with the most points wins the game.

**Alternate Ideas**
- The cards can be used as Flash cards to teach children the steps of handwashing or when to wash their hands.
- Cards can also be used as a concentration or memory game where the students place cards in an array face down on the table and then turn over two cards at a time and try to match up pairs of cards. For this game, use only 13 pairs of cards instead of the full 52 card deck.
Soap

20 seconds

Soap

20 seconds

Soap

20 seconds

Soap

20 seconds

Soap

20 seconds

Bug Off Cards
Rinse

Dry Hands

Rinse

Dry Hands

Rinse

Dry Hands

Rinse

Dry Hands

Rinse

Dry Hands

BUG OFF CARDS
Garbage
Garbage
Garbage
Garbage