



Date:

Subject: Hand Washing

Level: Elementary (Grades 3-5)

Equipment

- Lotion
- Chalk dust, flour, or glitter

Standard(s):

3.1.8: Distinguish among communicable, non-communicable, acute, chronic, and inherited diseases and health conditions; and explain that some diseases and health conditions are preventable and others are not.

4.3.1: Explain how cleanliness and good grooming show consideration for oneself and others

5.3.1: Describe and demonstrate strategies to improve or maintain personal health, including strategies for protecting eyes (e.g., sunglasses), ears (e.g., volume reduction), and skin (e.g., sun protection).

Health Skill: Decision Making - Disease Prevention

Big Ideas:

- Germs can cause disease and make us sick
- Washing your hands is the best way to stop germs from spreading

Goals/ Objective(s):

SWBAT describe and demonstrate proper hand washing:

- Use warm, running water
- Use liquid or pump soap whenever possible
- Rub hands together for at least 20 seconds (to the song of "Happy Birthday" 2x)
- Scrub in between fingers and under fingernails
- Rinse, dry, and turn the faucet off using a towel

SWBAT describe when to wash hands:

- Before and after handling food
- After using the bathroom
- After touching animals or animal waste
- When your hands are dirty
- Frequently, when you, or someone you come into contact with often, is sick

SWBAT demonstrate how to protect others from germs when coughing and sneezing

## HEALTH & PHYSICAL EDUCATION

Guided Instruction/ Independent Practice:

Think/Pair/Share Activity - Germ facts:

What are they?

- \* Germs are tiny living organisms that can't be seen with our eyes and can cause disease.
- \* The two most common germs that make us sick are viruses and bacteria.

Where can they be found?

- \* Germs can be found virtually everywhere!
- \* Germs are invisible, so just because something doesn't look "dirty" doesn't mean that it doesn't have germs!

How are they spread?

- \* When people cough or sneeze they spread germs through the air or onto surfaces that others may touch. (Demonstrate coughing and sneezing into the inside of your elbow)

How can we prevent the spread of germs?

- \* Washing your hands can prevent the spread of germs – so can staying home when you're sick!
- (Discuss *when* to wash hands)

Learning Activity – illustrate how quickly germs can spread:

- \* Pick several students to be "sneezers" and "coughers". Put lotion on the palms of these students and then sprinkle chalk dust, flour, or glitter over their hands. These students will circulate throughout the room passing several objects to and shaking hands with classmates. After a period of 30-60 seconds have all students return and assess the amount of transfer from the glitter ("germs").
- \* Discuss proper hand washing technique (above) and simulate/practice all of the with students – stressing that hands should be scrubbed for at least 20 seconds with warm water.

Closure:

Check for understanding -

- Why is it important to keep our hands clean?
- What can we do to protect others from our germs when we cough or sneeze?
- What are some examples of times we should wash our hands?

Assessment: Create signs/posters illustrating the proper way to wash hands; how to prevent the spread of germs

Extension: Research current events for treatment and prevention efforts around H1N1 and complete a "Who, what, why, where, when, and how" activity.

Resources for additional K-5 lesson plans to teach proper hand hygiene and its importance:

<http://education.gojo.com/programs/lessonplans.htm>