

Date:

Subject: Hand Washing

Level: Lower Elementary (Grades Pre-K – 2)

Equipment

- Spray bottle
- Construction paper

Standard(s):

PK.3.1: Perform basic hygiene and self-help tasks, including washing hands before meals and after toileting, brushing teeth after meals, wiping the nose with a tissue, and covering the mouth when coughing or sneezing with the elbow or a tissue.

K.3.1: Demonstrate personal hygiene skills: correctly wash one's hands, wear appropriate attire for weather and sports, and use the proper technique for brushing and flossing one's teeth.

1.1.6: Summarize how many childhood illnesses can be prevented or treated (e.g., by hand washing, immunizations, not sharing cups or combs, covering coughs and sneezes.

1.3.1: Describe and demonstrate self-care practices that promote cleanliness and hygiene, such as correct hand washing, regular bathing and washing clothes.

2.3.1: Assess one's personal hygiene habits and determine whether there are areas needing improvement.

Health Skill: Decision Making - Disease Prevention

Big Ideas:

- Germs are everywhere, but are so small you can't see them!
- Germs make you sick
- You can get rid of germs by washing your hands

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

## HEALTH & PHYSICAL EDUCATION

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

Guided Instruction/ Independent Practice:

\* Prompt students to think about and describe how their bodies respond to being sick (coughing, sneezing, runny nose). Explain that “germs” are tiny bacteria that can cause people to become sick. Germs are everywhere – even though they are so small that we can’t see them! Germs can be spread very easily – by coughing and sneezing without covering your mouth and nose and by touching almost anything!

\* Use a spray bottle filled with clean water to spray student’s hands. Explain that the water represents germs that come out of their nose and mouth when they sneeze or cough into their hands. Have students pass around a pieces of construction paper (or have them touch other objects). Ask what happened when they touched the paper (it became wet). Explain that this is one way germs are spread. Demonstrate how to use the inside of the elbow to cover a cough or sneeze. Practice together.

\* Explain that we can prevent the spread of germs by washing our hands. Discuss when to wash hands (after using the bathroom, before handling food, when we’re sick, etc.).

\* Demonstrate proper hand washing skill. Stress the importance of washing for at least 20 seconds (or to the song “Happy Birthday” 2x), and turning the faucet off with a towel. Practice together.

Closure:

To review occasions when one should wash their hands, teach the hand washing song!

Practice hand washing motions while singing to the tune of “The Farmer and the Dell”:

“We will wash our hands, we will wash our hands....

Each time we \_\_\_\_\_ (student’s take turns filling in the blank – ‘cough or sneeze’, ‘play with the dog’, ‘take out the trash’)...

We will wash our hands!

Repeat

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?