

HAPPY HANDS!

Lesson Plan created by Janie Anderson



Overview: Students will be able to have a clear understanding of how important it is to wash their hands as well as learn the proper technique to washing hands.

Subject: Health Science/Hygiene

Grade Levels: Pre-K-2nd Grade

Suggested Time: 1-2 hours (Depending)

Objectives:

1. When to wash your hands.
2. How to wash your hands.
3. How germs spread from not washing your hands.
4. Why it is important to wash your hands.

Materials:

- ❖ **Glow Germ Kit:** <http://www.hometrainingtools.com/glo-germ-kits/c/198/> (This is just a suggestion for purchasing a UV light to see bacteria on the student's hands, and is a great little kit for something like this. If you want something different, you can find UV lights online through Amazon and www.budgetlighting.com .)
- ❖ **Construction Paper** (or just regular white paper is fine, but for purposes of the "in class activity" it might be better to have construction paper)
- ❖ **Markers, Crayons, Pencils, Colored Pencils, Scissors, Glue**

- ❖ **Duff Balls from the craft store (Michael's or A.C. Moore have plenty of these. Also just any kind of "arts and crafts" material you wish to purchase.)**
- ❖ **Glitter**
- ❖ **Liquid Hand Soap**
- ❖ **Gold Star Stickers**

Online Resources:

- ❖ **Janey's Story:**

<http://www.carex.co.uk/sites/all/themes/carex/images/download-content/Pre-School-Activity-Story.pdf>

- ❖ **"Henry the Hand" video:**

<http://www.youtube.com/watch?v=S-6oda3yNjs&feature=related>

- ❖ **CDC information:**

<http://www.cdc.gov/features/handwashing/>

http://www.cdc.gov/healthywater/hygiene/hygiene_publications.html

http://www.cdc.gov/healthywater/hygiene/fast_facts.html

- ❖ **More information on Hand Washing Statistics and Data:**

<http://www.itsasnap.org/snap/statistics.asp>

- ❖ **"Dump the pump" Music Video:**

http://www.youtube.com/watch?v=d5govHD_kjQ

- ❖ **"Wash your Hands" song(s):**

<http://www.carex.co.uk/hand-hygiene/teaching-hygiene-in-school-hufh/pre-school-learning/hand-washing-songs>

❖ **UNICEF Information:**

http://www.unicef.org/wash/index_statistics.html

In Class Activity: “Before and After” Hands

Homework: 20 second song

Layout of Lesson Plan:

First is to read “Janey’s Story” (link provided above) to the class. It is a great pre-school level read that essentially details the little girl’s day and shows how she washes her hands after every activity she completes. It is a great way to enter the lesson, and great for story time! Just a general discussion starter for the lecture and to get the kids talking about when they wash their hands, when they forget to wash their hands, and how they wash their hands every day.

There are several links from the Center of Disease Control provided above if you wish to give some statistics about hand washing, but that is to your digression. Sometimes big numbers and percentages like that do not correlate well with young children, but if you wish to there can be creative ways to present it. For instance, visuals are always good when it comes to numbers, so if there is a statistic with a number in the billions, you could relate that to a billion gummy bears! Something to get across the information that is relatable to the students. Or even further, ask them to think of “a billion” of something. There is also a link above to the UNICEF page that speaks about the access to proper water and sanitation, and it can also be an option to integrate how lucky we are to have the facility and abilities to prevent germs and wash our hands, because many do not have that same luxury. It can be a great way to really allow the children to fully take on to washing their hands when they know that they are very fortunate to have such privilege when billions do not.

After this discussion, a video by “Henry the Hand” will be shown. It is roughly four minutes long and is a fun way to show the

children the importance of washing hands as well as how to properly wash their hands. In the video, Henry the Hand uses a “Germ Detector” to get a closer look at the germs before and after washing hands. After the video this is where you can re-create this by telling the students that you have your own “Germ Detector” (aka Glow Germ Kit or UV light), and that you are going to check to see how well they wash their hands! Make sure that you do a before and after so that they can see the difference (as in the video). You then can give the children “Gold Stars” after they have washed their hands the right way (just as in the “Henry the Hand” video).

Once this is done, there is an “In-Class activity” where the students will trace each hand on a piece of construction paper. They will be instructed to decorate one hand on what it looked like “before” washing their hands(this is where you can get creative with all the art supplies and allowing them to decorate what “germs” would look like if they could see them close up), and then to decorate a hand from “after” they washed their hands.

The take home activity you can present would be to challenge your students to create a jingle that is 20 seconds long (the time they say it is required to thoroughly wash your hands), and bring in what they have come up with into class. There is a “Dump the Dump” video link above if you wish to show them. It is a little 1 minute 30 second music video about washing hands and the 20 second rule. Normally they say the birthday song is sufficient for the 20 seconds, but by allowing the students to create their own song may encourage them more to wash their hands. There is also a link above that has a few “wash your hands” songs that you could let the students listen to and get their creative ideas flowing!

The Purpose and Conclusion of this lesson is to really get across the importance of washing hands, that it is cool to wash your hands, and it can be a fun thing to do!

If you have any questions or concerns about the lesson plan, please feel free to email me!

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