



Washing Hands with Soap

Take Home Message:

Hand-washing with soap regularly, especially before handling food and after going to the toilet, will prevent germs from spreading and causing sickness.

LESSON PREPARATION

SUPPLIES:

| SUPPLIES | QUANTITY | PURPOSES |
|---|-----------|-------------|
| glitter | 1 bottle | Activity #1 |
| hand lotion | 1 bottle | |
| 'Hand-Washing Song' lyrics poster (see Activity#2) | 1 copy | Activity #2 |
| crayons | 5 packs | |
| sticky-tack | 1 pack | |
| colored paper | 15 sheets | |
| hand-towel | 6 pieces | Quiz prizes |

BACKGROUND INFORMATION FOR TEACHERS:

Washing hands with soap gets hands 60% cleaner than without using soap.

LESSON DISCUSSION TOPICS & ACTIVITIES

Ask all students to wash their hands with soap before the class begins.



DISCUSSION TOPIC #1

Ask students: *Why are clean hands important?*

Answer:

- Clean hands help prevent germs from spreading. Every day we come into contact with billions of germs by touching money, going to the bathroom, playing outside, opening doors, etc., which all involve using our hands. If we then touch our food with our hands or put our hands in our mouths before washing them with soap, germs can enter our body and lead diseases and sickness.* Therefore, building healthy habits by washing hands regularly with soap, especially before handling food and after going to the bathroom, are the best ways to prevent spreading germs or contracting illnesses.
- Food for thought: *When did you last wash your hands?*



ACTIVITY #1 – Those Travelling Germs

- 1] Ask the students to hold out their hands so you can place a squirt of lotion and a sprinkle of glitter in the palms of their hands.
- 2] Have them rub the lotion with glitter in their hands, and tell them to continue the lesson as normal. Explain that the glitter represents germs (but is harmless in this case). Later in the lesson (at the start of Activity #3), you will ask the students to take notice of where the glitter has managed to travel, emphasizing how quickly germs spread simply by the many things we touch with our hands.



DISCUSSION TOPIC #2

Ask students: *How do we keep our hands clean?*

Answer:

Wash hands regularly with soap. Work soap into a lather to wash both sides of hands, wrists, between fingers, and under nails. Wash for about 15 seconds, (approximately the same amount of time it takes to sing the Hand-Washing Song below). Rinse hands and dry them well with a clean towel.



ACTIVITY #2 – Hand-Washing Song and Mini-Poster

- 1] Prior to this lesson, copy the following lyrics on a poster-size piece of paper:

*Let's wash your hands before
Let's wash your hands before
Before you eat
After going to the toilet
Let's wash your hands before*

*Let's wash your hands before
Let's wash your hands before
Use clean water
Scrub them with soap
Then dry them with a towel*

- 2] Display the 'Hand-Washing Song' lyrics poster and sing the song together with the melody from "If You're Happy and You Know It" by Joe Raposo.
- 3] Have the students copy the 'Hand-Washing Song' lyrics on a piece of colored paper and then decorate it with colors to take home with them. Give each student a bit of sticky-tack to post their newly made mini-poster near their kitchen or toilet.



DISCUSSION TOPIC #3

Ask students: ***When are the important times to wash your hands with soap?***

Answer:

Before eating or touching food, and after using the toilet or changing diapers. Also, you should wash your hands with soap after touching animals or playing outside.



ACTIVITY #3 – Practicing Hand-Washing

- 1] Have the students notice how the glitter has spread since Activity #1. Re-emphasize how quickly germs spread simply by the many things we touch with our hands.
- 2] Bring along the 'Hand-Washing Song' lyrics poster to the hand-washing station, and have the students line up in front of the taps.
- 3] Sing the Hand-Washing song together once they are lined up.
- 4] Let each student wash their hands with soap for about 15 seconds, rinse their hands with clean water, and dry them with a clean towel. Make sure they remember to lather soap on both sides of their hands, wrist, between their fingers and under their nails.



ORAL QUIZ

- 1] Why are clean hands important?
- 2] How do we keep our hands clean?
- 3] When are the important times to wash your hands with soap?

Award prizes: 6 hand-towels

Have the students tidy the area, then wash their hands with soap at the prepared hand-washing station.