

Potential Integration:
ELA; Science

Health

K.PCH.1.1

Use steps of correct hand washing at appropriate times throughout the day.

Materials:

- Handout – We Wash Our Hands Before... (copies for each student)
- Handout – We Wash Our Hands After... (copies for each student)
- Book – Wash Your Hands! By Margaret McNamara ISBN: 10-1416991727
- Handout – How We Wash Our Hands
- Scissors
- Glue

Resource:

<https://www.cdc.gov/handwashing/posters.html>

<https://www.cdc.gov/handwashing/pdf/wash-your-hands-poster-english2020-p.pdf>

<https://www.cdc.gov/handwashing/pdf/wash-your-hands-steps-11x17.pdf> (for Focus Step)

Focus Step:

Provide the handout, When We Wash Our Hands Before and When We Wash Our Hands After. Ask students to circle the pictures that reflect a time when we should wash our hands before and after these incidents. Follow up with asking students to tell you -when do we need to wash our hands? (before: we prepare or eat food, before we treat a cut or wound, before we help someone who is sick) (after: we go to the bathroom, handle uncooked food, blow your nose, cough or sneeze, touch a pet, touch garbage, care for someone who is sick). Today's lesson will focus on how and why we wash our hands throughout the day.

Statement of Objectives:

By the end of today's lesson, you will be able to demonstrate the proper hand washing technique and describe when you should wash your hands.

Teacher Input:

We wash our hands to prevent the spread of germs. Germs are small microorganisms that we cannot see with our eyes, only a microscope. Some germs are helpful to our bodies but most can make us sick and we want to avoid contact with those germs. The best way to prevent the spread of germs is to wash your hands throughout the day. Germs are spread when people do not wash their hands after the sneeze or cough or after going to the bathroom. Germs can be spread if we cough or sneeze on one another and they can also be spread by shaking hands. Germs can live on our skin but they can also live on objects around us like door handles, desks, pencils, and lots of other surfaces so it is important to wash our hands regularly, especially before we eat and after we go to the bathroom, handle trash, or touch pets and animals.

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It is important to wash our hands properly to make sure we get rid of all of the germs living on our skin. This CDC video <http://www.cdc.gov/cdctv/healthyliving/hygiene/wash-your-hands.html> demonstrates the steps for washing our hands and each step of this process is important (Note – the video also addresses when soap and clean water are not available, use an alcohol based sanitizer.)

The teacher can demonstrate - How to wash our hands:

1. Wet your hands
2. Apply soap
3. Wash all surfaces on your hands thoroughly, including wrist, palms, back of the hands, and under fingernails.
4. Rub hands together for at least 20 seconds (cue the time it takes to sing Happy Birthday twice).
5. Dry hands with a clean cloth or paper towel.
6. Turn the faucet off using the paper towel you used to dry your hands.

Assessment:

Remind the students that there are 6 steps in the hand washing process. Provide copies of the How We Wash Our Hands handout and ask students to cut out the pictures that show the proper steps for hand washing and glue them in the table above using the correct order.

If time and facilities allow – have the students practice the steps at a classroom sink with a partner checking off each step of the process on their tables if the partner does it correctly.

Closure:

You now know when and how to wash your hands. Make sure you follow the steps for hand washing before eating, preparing food, treating a cut or scrape, or touching someone who could be sick. Make sure you wash your hands after going to the bathroom, sneezing or coughing, after handling trash, and after petting an animal.

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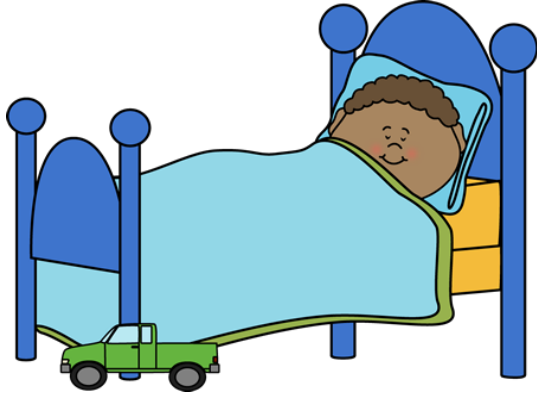
We wash our hands **BEFORE** which of these?

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Wash our hands after which of these?



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How We Wash Our Hands

Images from Centers for Disease Control and Prevention

1. <input type="checkbox"/>	2. <input type="checkbox"/>	3. <input type="checkbox"/>
4. <input type="checkbox"/>	5. <input type="checkbox"/>	6. <input type="checkbox"/>



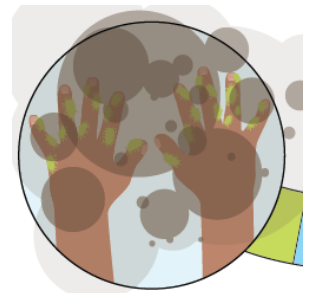
Dry



Wet



Get Soap



Dirty!



Rinse



Scrub