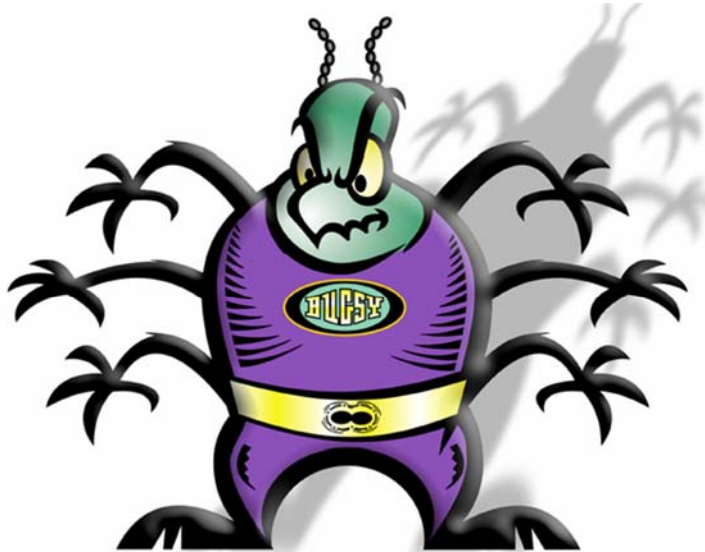


WASH YOUR HANDS



GRADE ONE Lesson Plan

GRADE



1

Glittery Hands

Suggested Time: 50 minutes



Overview

Students will review the steps of handwashing and learn how germs are spread and can get into the body to cause illness. The glittery hands activity shows how easily germs are spread by the hands. Assistance from an aide or parent volunteer will be needed when students are practicing handwashing in the washroom. Barriers and solutions to good handwashing technique will be identified. The card game reinforces good handwashing technique. **Note:** If time is an issue, this unit can be taught in shorter sessions.

Curriculum

- W-1.2 Hygiene and Health Care Habits – Students will demonstrate positive hygiene and health care habits; e.g., habits to reduce germ transmission, habits for dental hygiene.

Learning Outcomes

Students will:

- Review proper handwashing technique
- Learn how germs are spread
- Identify how germs get into the body to make you sick
- Understand how handwashing prevents illness

 Lesson Plan		 Material Checklist
• How Germs Are Spread	8 minutes	<p><u>Material Downloads</u></p> <ul style="list-style-type: none"> ✓ Picture of Buggy ✓ Handwashing Video ✓ Handwashing with A Buddy instruction sheet ✓ Glittery Hands instruction sheet ✓ How to Wash Your Hands poster ✓ Twinkle, Twinkle song poster ✓ Bug Off game instruction sheet ✓ Bug Off game cards <p><u>Teacher Supplied Material</u></p> <ul style="list-style-type: none"> ✓ Glitter (different colors optional) ✓ Washrooms with soap and paper towels
• How Germs Get into Your Body	5 minutes	
• Handwashing Video	8 minutes	
• Handwashing with a Buddy	12 minutes	
• Barriers to Good Handwashing		
• Germ Art		
• Glittery Hands	12 minutes	
• Handwashing Computer Game	5 minutes	

Teacher Information

Germs are microscopic organisms that cause illness. They can come from someone who is sick, or from animals, or from the environment. When someone who is sick with a respiratory illness sneezes or coughs, germs come out into the air. An adult sneeze can expel germs for a distance of about one meter. These airborne germs can be inhaled by someone else to cause illness or they can fall out of the air and contaminate objects in the environment. Germs are everywhere. They can exist for many days on environmental surfaces and still be infectious.

Transfer of germs via the hands is the most significant way that germs are spread. Germs can get on the hands if you cough or sneeze on your hands. That is why it is important to teach children how to cough and sneeze into their sleeve or a tissue. The hands are also very good at picking up germs from everyday objects.

Objects that are touched by many people are places where germs can be transferred. Some examples are playground equipment, bus rails, public washrooms, shared pens, and vending machines. In a survey of bacterial counts on desks in the workplace, teachers' desks were ranked number one, followed by accountants, bankers, radio d.j.'s, and doctors. This is not surprising considering how many hands come in contact with a teacher's desk every day.

Germs are easily picked up by the hands, but you don't get an infection just by having germs on your hands. Germs cause illness when they enter the body through breaks in the skin, such as a cut or scrape, or more commonly through the mucus membranes, such as those of the nose, mouth and eyes. Handwashing is effective in preventing infections because it reduces the chance of germs coming in contact with your mucous membranes.

When selecting soap, choose plain soap. Plain soap is just as effective as antibacterial soap in getting rid of germs and does not have the negative medical side effect of promoting resistance to antibiotics.

Alcohol-based hand sanitizers will kill germs and are ideal when soap and water are not available. However, they do not clean the hands and are ineffective if the hands are greasy or dirty. Hand sanitizers aren't a substitute for handwashing. Children's hands are often soiled so handwashing needs to be encouraged as a routine practice.

When students and teachers wash their hands properly and frequently, the number of germs spread throughout the classroom is reduced. Handwashing with regular soap and water is the best way to stop the spread of infections.

Note: Some of these activities also fit with Science Curriculum 1-1 and 1-2.



Lesson

Introduce Buggy

Materials: Picture of Buggy

Introduce Buggy to the class and explain that Buggy is here to help them learn about germs and handwashing. Buggy will have important messages as we go along. How do you think Buggy looks? Happy? Worried? Mad? Buggy is pretty fierce. He's here to help you fight germs and stay well.

Note: Graphic can be downloaded to an overhead or viewed on line from a projector or SMART Board.

How Germs Are Spread (8 Minutes)

Explain to students that today they will be learning about germs and how germs are spread. Ask questions, allow students to answer, and then sum up.

? *Do you remember what germs are?*

Sum up: Germs or bugs are tiny living things. Germs cause colds, influenza and other illnesses.

? *How big do you think germs are?*

Are they as big as this room? [Hold arms outstretched.]

Are they as big as your desk? [Move arms to be size of desk]

Are they as big as your shoe? [Hands close together]

Are they as big as a piece of dust? [Thumb and first finger together]

Sum up: Germs are even smaller than a piece of dust!

? *Can you see germs?* No

? *Can you see them in the air?* No

? *On your desk?* No

? *On your hands?* No

Sum up: Germs are so small that you can't see them, except with a microscope.



BUGSY SAYS GERMS ARE TINY LIVING THINGS THAT CAN MAKE YOU SICK.

? ***Do you know where germs come from?***

Sum up: Germs are everywhere. They are in the dirt, on the floor, on your desk, and even on your hands. Germs can also come from people who are sick, for instance with a cold or influenza.

? ***What happens if you cough or sneeze on your hand?***

Sum up: The germs come off your hands.

Demonstrate: Pretend to sneeze on your hand and then show your palm to the class.

? ***What happens if you touch something that has germs on it?***

Sum up: The germs come off your hands.

Demonstrate: Pat your desk and then hold your hand, palm out, to the class.

? ***When you have germs on your hands, what happens if you touch something else?***

Sum up: The germs come off on the next surface.

Demonstrate: Touch the light switch (doorknob, or other shared object).

? ***Would the light switch now have germs on it?*** Yes

? ***What happens to the next person who turns on the lights?***

The germs would come off on their hands.

? ***What would happen if you shook someone else's hand?***

The next person would get germs on their hands too.

? ***What are some other places where germs might be spread by the hands?***

Sum up: Doorknob, shared pencils, pens, markers, another desk, papers, telephone, computer keyboard, playground equipment, bus rails, etc. are all good examples.

These are all things that are touched by many people every day. They are places where germs are spread.

? ***What can you do to stop spreading germs?***

Sum up: If you're sick, cough and sneeze in your sleeve. But when you are well or sick, wash your hands!



BUGSY SAYS GERMS ARE EVERYWHERE. WASH YOUR HANDS TO STOP THE SPREAD OF GERMS.

How Germs Get Into Your Body (5 Minutes)

You actually don't get sick just by having germs on your hands. Germs need a place to get into your body. Germs get into your body from your nose, your mouth and your eyes, or sometimes through cuts on your skin if you have a sore or a scratch. Demonstrate and ask the students to join in: Where can germs get into your body? Point and say: nose, mouth, eyes.

? ***How can germs get in through your nose?***

Sum up: If you are next to someone who sneezes without covering their nose and mouth, the germs come out into the air. Germs can get into your body when you breathe the germs in through your nose.

But germs can also get into your body if you have germs on your hands and then you put your finger up your nose or pick your nose.

? ***How can germs get in through your mouth?***

Sum up: If your hands have germs on them and you put your fingers in your mouth, you can get sick. You can also get sick from eating with dirty hands, because the germs can come off on the food. Then you put the food in your mouth, where the germs can get into your body.

? ***How can germs get in through your eyes?***

Sum up: If your hands have germs on them and you rub your eyes, the germs can get into your body and make you sick.

? ***Can you tell me some things that will stop germs from getting into your body?***

Sum up: Keep your hands away from your eyes, nose and mouth. In other words, unless you have just washed your hands, keep your hands away from your face.

But the most important way is to keep germs off your hands. Handwashing is the best way to stop the spread of germs.



BUGSY SAYS WASH YOUR HANDS!

Handwashing Video (8 minutes)

Materials: Handwashing Video or DVD on request.

Inform students that they are now going to see a handwashing video that will show them the proper way to wash their hands. Tell them that you are going to ask questions about what they saw, so it's important to watch carefully.

Note: Some students may have seen this video in kindergarten. Encourage those students to recall the video and see if they can find something new. The video is included for all grades (K-Grade 3) to reinforce previous learning and as catch-up for students who have not seen it before.

After playing the video once, ask students if they can remember the steps of handwashing. They are:

1. Wet your hands
2. Apply soap
3. Rub your hands together
4. Rinse your hands
5. Dry your hands with a paper towel.
6. Use the towel to turn off the tap and let yourself out the door.

Last, don't forget to leave the washroom neat and tidy!

Show the video again and discuss the steps if reinforcement is needed.

Ask students what they remember from the video about the parts of the hands that need to be scrubbed. Sum up: palms, between the fingers, backs of hands, thumbs, wrists, fingertips and nails. This step should take about 20 seconds, or the time it takes to sing the Twinkle, Twinkle song.

Sing the Twinkle, Twinkle song and ask the students to practice rubbing their palms, between the fingers, backs of hands, thumbs, wrists, fingertips, and nails.

Activities

Handwashing Activities (12 minutes)

Handwashing with a Buddy

See: Handwashing with a Buddy instruction sheet

Use: How to Wash Your Hands poster
Twinkle, Twinkle song poster.



The activity is designed for the students to practice the steps of good handwashing and receive help and feedback from their buddy.

Post the How to Wash Your Hands sign and Twinkle, Twinkle song in the washroom in advance.

Students will be paired with a buddy and will practice handwashing in the washroom. Remind students to watch their buddy carefully to see if the steps on the How to Wash Your Hands and Twinkle, Twinkle posters are followed. Buddies can offer suggestions to each other and should work cooperatively so that both do a good job.

Note: Adult guidance will be needed in the washroom for this activity for Grade 1 students. An aide or parent volunteer can help. The buddy system is intended to help children help each other with handwashing, so it is important to let them do as much as they can on their own. In case children need guidance, adult helpers should 1) be familiar with the six steps of good handwashing, 2) know the parts of the hands that need to be rubbed together with soap, and 3) know the Twinkle, Twinkle song. Remember to congratulate students on a job well done and for working well together!

Barriers to Good Handwashing (Adult Activity)

See: Handwashing with a Buddy instruction sheet
Practical Solutions to Handwashing Problems table.

An additional objective is to identify barriers to good handwashing in the washrooms in your school. This is best observed by an adult in the washroom while students are actually practicing handwashing. While students are washing their hands with their buddy, adult helpers are asked to observe and identify parts of the handwashing routine that are difficult for the students. A checklist and clipboard may be helpful.

Refer to the table, Practical Solutions to Handwashing Problems, for ideas. Identifying potential problems is the first step in making handwashing simple for the students. Use your observations to facilitate discussion among teachers, parents, administrators, aides, and custodial staff to make handwashing easy for everyone.

Germ Art

Not all students will be able to practice handwashing at once. Ask students to complete these activities in the classroom as time permits:

- Draw a picture of what you learned about germs today
- Trace an outline of your hand and draw where germs might be
- Draw a picture of something in the classroom that might have germs on it

Ask students to take their work home to show their families.



Glittery Hands (12 minutes)

See: Glittery Hands instruction sheet

Use: How to Wash Your Hands poster
Twinkle, Twinkle song poster

Students will learn how hands can spread infections. Glitter is used to represent germs. Glitter is applied to the hands of some students, who then shake hands with other students in their group. Once everyone has shaken hands the glitter will be on all student's hands.

Students will go to the washroom in small groups to wash their hands to remove the glitter. Use the How to Wash Your Hands poster and Twinkle, Twinkle poster to reinforce good technique.

This activity shows how easy it is to spread germs by the hands and emphasises the importance of handwashing.

Bug Off Game (5 minutes)

See: Bug Off Card Game instruction sheet

Use: Bug Off cards

This card game uses a deck of 52 Bug Off cards and is similar to "Go Fish". The cards illustrate how to wash your hands, when to wash your hands and Buggy. Cards can also be used to play a memory game or as flash cards.

Recommended Children's Book

Verdick, E. & Heinlen, M. *Germs Are Not for Sharing*. Minneapolis: Free Spirit Publishing, 2006.

Ongoing Education

- Have students track for a week each time they washed their hands at school and record it on a chart. Have them report the total number of times that they washed their hands in a week.
- Show the Handwashing Video throughout the year if handwashing technique needs to be reinforced.
- Ask students to remind one another to wash their hands.
- Encourage parents and students to report to you any barriers to handwashing or ways of improving conditions in washrooms. Refer to Practical Solutions for Handwashing Problems for help.
- Inform janitorial staff or principal whenever washrooms do not have adequate supplies for proper handwashing
- Discuss the advantages of using plain soap with administrative and custodial staff.

PRACTICAL SOLUTIONS TO HANDWASHING PROBLEMS

Problem	Hygiene Principle	Solution
Soap or paper towels not available	Handwashing by students, teachers and staff is the best way to stop the spread of infections in schools.	Inform custodial staff and/or principal. Suggest that the school administration hold an information session for custodial staff about the importance of handwashing. Handwashing protects custodial staff too.
Taps go off automatically and water does not run long enough	Water needs to run long enough to rinse off soap and germs.	Have students wash hands with a buddy so they can assist each other with the tap. Students should use a paper towel to push in the tap if they have already washed their hands.
Warm water not available	Cold water is a deterrent to handwashing.	Discuss with school administration. If it is not possible to have warm water, use cold. Cold water is less comfortable but will work (with soap) to remove germs from the hands.
Children cannot reach the taps or sink	Handwashing is important for all children.	Provide a stool or step that does not tip.
Need to conserve water. Taps should not be left running.	Good handwashing technique includes using a paper towel to turn off the taps. This prevents recontamination of the hands from dirty taps.	Suggest that students get their paper towel before washing their hands so that it is available when they need to turn off the taps. The towel can be tucked under the arm or into a pocket until it is needed.
Paper towel dispenser is far away from the sink		
Paper towel dispenser has a lever or button	Hands can be recontaminated by touching the lever or button to dispense a paper towel.	Show students how to use an elbow or forearm to dispense the towel or suggest they get the paper towel before washing their hands.

Problem	Hygiene Principle	Solution
Wastebasket is not near the door	Hands can be recontaminated by touching the washroom door or handle. Good handwashing technique includes using the paper towel to open the washroom door. To avoid making a mess, it's best to have the wastebasket near the door.	Move the wastebasket close to the door or prop open the door. If neither are possible, suggest that students take the towel with them and throw it away in the classroom.
Handwashing takes too much time	Handwashing prevents illness and reduces absenteeism. In the long run it saves time.	Establish routine times for students to wash their hands. Before lunch and after recess are ideal. Teach good handwashing technique and remove barriers so that students become proficient.
Custodial staff concerned about the mess in the washroom	Washrooms should be neat and tidy.	Reinforce the final message of good handwashing with the students to properly throw away their paper towel in the wastebasket.
Don't know if antibacterial soap is in use	Plain soap does not promote antibiotic resistance and is equally effective in preventing the spread of germs.	Ask about the soap that is used in your school. Read the ingredients. If the soap contains "triclosan" it is antibacterial soap. Antibacterial soap has negative medical side effects and does not work any better than plain soap. If antibacterial soap is in use, suggest switching to plain soap. Plain soap is generally less expensive.

Acknowledgement

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