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HANDWASHING LESSON PLAN



STOP! Wash your hands.
Get rid of germs!

KINDERGARTEN TO GRADE 2

May
2011



Title: Down with Germs

Target Group: Kindergarten to Grade 2

Ontario Provincial Curriculum Strand: Healthy Living

Strand Component: Growth and Development

Specific Expectation for Grade 2 only:

1. Describe how germs are transmitted and how this relates to personal hygiene

Time: 15 – 30 minutes

Background Information:

- [Introduction – Handwashing Teaching Toolkit](#)

Key Teaching:

- [Learning Objectives](#)
- [Activity #1](#) Sing and Wash
- [Activity #2](#) Covering Your Sneeze and Cough
- [Activity #3](#) Coughing and Sneezing in Your Sleeve
- [Activity #4](#) Use Glo Germ
- [Activity #5](#) Spreading Germs
- [Activity #6](#) Pretend Handwashing for Young Children
- [Activity #7](#) Colouring Sheet



Resources:

- Posters:
 1. [Be a Germ Stopper](#)
- DVD [“Why Don’t We Do It In Our Sleeve?”](#)
- Material Safety Data Sheet – [Glo Germ Liquid](#)
- Material Safety Data Sheet - [Ultraviolet Black Light](#)
- [Resources Available from Algoma Public Health](#)
- [Websites for Teachers](#)
- [References](#)



Handwashing Teaching Toolkit

Objective:

To teach elementary school youth the importance of handwashing, including how and when to wash their hands.

Background information:

Bacteria are everywhere. There are more bacteria on one's body than there are people in Canada. Bacteria, like people, can be either good or bad. There are bacteria that live on the skin and are usually not harmful. But hands can gather all kinds of bacteria with each job they do. We can't see individual bacteria without using a microscope.

Why teach handwashing?

Prevention is the best intervention. Addressing the spread of germs in schools is essential to the health of our youth, our schools, and our community. Proper handwashing is inexpensive and the most effective way to prevent the spread of germs. It is important for students of all ages to know when and how to properly wash their hands.

While commitment to handwashing means commitment of time and supplies, the cost of NOT washing our hands are far greater than the cost of washing our hands. Despite its' simplicity, handwashing is no laughing matter. Nearly 22 million school days are lost due to the common cold and other infectious diseases (CDC 1996). It's not surprising when you think about it, because school is all about sharing: desks, books, pens, food, bathrooms, door handles, water fountains, computer mice, and keyboards. Touching them results in germs.

A study of 305 Detroit school children showed that handwashing at least four times a day reduced absenteeism by 24 – 50%.

Clean hands are all about good health for students, volunteers, teachers, administrators, and the entire school community.

What are some ways to teach children good handwashing technique?

You cannot avoid collecting germs, but you can reduce the chance of infecting others by knowing when hands should be washed. It is important to encourage and help children to wash their hands before eating, after playing outdoors or playing with pets, after using the washroom, after coughing or sneezing, after blowing their noses and whenever their hands look, feel or smell unclean. Even though hands may appear to be clean, they may carry germs capable of causing disease.



Don't assume children know how to wash their hands properly. Supervision, especially at home and in school settings, is an essential element in forming good handwashing habits in children. Children learn by example. Let them learn good handwashing technique from observing you.

How to wash hands: (Refer to [“Be a Germ Stopper”](#) poster)

1. Wet hands with warm water
2. Use liquid soap
3. Lather for at least 20 seconds
4. Rub palms together, scrub the back of hands, wrists and thumbs, and between the fingers and under the fingernails (keep fingernails short)
The mechanical action of handwashing – rubbing your hands together with soap and water – breaks down the tiny bits of grease, fat and dirt on your hands that bad germs cling to. Soap doesn't actually kill the bad germs. Instead it's the combination of soap, rubbing, rinsing, and drying that help these germs slide off hands.
5. Rinse well with water to remove all lather
6. Dry hands well using a paper towel
7. Turn off tap with paper towel, not with your clean hands

Other ways to get hands clean:

When handwashing facilities and equipment are not available, alcohol-based hand rinses, gel sanitizer, or alcohol hand wipes containing at least 60% alcohol can be used as an alternative, as long as hands are not visibly soiled. When using gels, rub hands until the gel is dry. The gel doesn't need water to work: the alcohol in it kills the germs on your hands. Young children should be supervised when using alcohol-based products.

Things to avoid:

1. Avoid using single wash cloths and towels to wash a group of peoples' hands
2. Avoid using a standing basin of water to rinse hands

Cuts and dryness

Observe hands for cuts and signs of dryness. Cuts should be covered and hand lotion should be used to prevent dryness. Germs enter the body through cuts and dry skin.

Contents of handwashing toolkit:

1. Lesson plan
2. Activity sheets
3. Posters
4. Book and website resource list for teachers
5. Glo Germ lotion and UV light
6. Buddy Bear's Handwashing Troubles (book)



7. Just Wash-Em (7-minute video)

This toolkit has been adapted from the “Down With Germs – Wash Germs Down the Drain” educational kit developed by Wellington-Dufferin-Guelph Public Health Unit.



KINDERGARTEN TO GRADE 2 LESSON PLAN

Learning objectives

- Understand that proper handwashing is important and can prevent children from becoming sick.
- Practice appropriate personal hygiene.
- Identify substances, such as germs, that are harmful to the body.
- Describe how germs are transmitted and how it relates to personal hygiene.

General information

- Germs can be everywhere.
- Germs are so small you cannot see them.
- Germs get on your hands from things that you touch.
- Germs can get inside you through your mouth, nose and eyes.
- Some germs can make you sick.
- You can get rid of most germs by washing your hands.
- Washing your hands will keep you from getting sick.

How to wash your hands

1. Wet hands with warm water.
2. Use soap. It's best to use liquid soap.
3. Lather for at least 20 seconds.
4. Remember to rub palms together, scrub the back of hands, between the fingers and under the fingernails.
5. Rinse well with water to remove all lather.
6. Dry hands well using a paper towel.
7. Turn off tap with paper towel – not with your bare hands.

When to wash your hands

- Before eating, drinking or touching food.
- After using washroom facilities.
- After playing outside, with toys, or with animals.
- After visiting someone who is sick.
- If hands look or feel dirty.

Activities

Select one or several activities from the following pages to reinforce proper handwashing.

Book selection

- Buddy Bear's Handwashing Troubles: by Marjorie Cooke
- Germs Are Not For Sharing: by Elizabeth Verdick
- Germs! Germs! Germs!: by Bobbi Katz



- Gerbusters Handwashing Activity Book: by Marjorie Cooke
- Those mean nasty dirty downright disgusting bug invisible germs: by Judith Anne Rice
- Wash Your Hands: by Tony Ross

Video selection

“Just Wash ‘Em” : 7-minute video featuring “Sudsy” (available from Algoma Public Health)



ACTIVITY #1: SING AND WASH

Description

Use songs or chants to teach students how long to wash their hands. Proper handwashing should last for a minimum of 20 seconds.

Materials needed

- One of the songs or chants included below
- A sink with hot and cold running water
- Liquid soap
- Paper towels

Method

1. Review the steps of proper handwashing with students.
2. Demonstrate how to lather by rubbing palms together, rubbing the back of hands, between the fingers and washing the thumb. (Refer to [“Be a Germ Stopper”](#) poster provided)
3. Have students sing or chant a song to a favourite tune while pretending that they are lathering by rubbing their hands together.
4. Have children actually wash their hands using the proper technique while singing or chanting the song.

Song #1 (Tune: Twinkle, Twinkle, Little Star)

Soap and water, that’s the way,
You can wash the germs away.
Keep on washing – when you do,
You’ll get rid of germs, it’s true.
Now your hands are clean, here’s why:
Germs are down the drain. Goodbye!

Song #2 (Tune: If You’re Happy and You Know It)

If you’re happy and you know it, wash your hands
If you’re happy and you know it, wash your hands
If you’re happy and you know it, and you really want to show it
If you’re happy and you know it, wash your hands.

Song #3 (Tune: If You’re Happy and You Know It – Tongue Twister)

Wet’em, soap’em, rub’em, scrub’em, rinse’em, dry them off.
Wet’em, soap’em, rub’em, scrub’em, rinse’em, dry them off.
Wet’em, soap’em, rub’em, scrub’em
Wet’em, soap’em, rub’em, scrub’em
Wet’em, soap’em, rub’em, scrub’em, rinse’em, dry them off.



Song #4 (Tune: Row, Row, Row Your Boat”)

Wash, wash, wash your hands,
Wash them every day
Wash them morning, noon and night
Wash the germs away.



ACTIVITY #2 – COVERING YOUR SNEEZE AND COUGH

Description

Children learn that covering a sneeze or cough with a tissue helps keep germs from getting on hands and prevent the spread of germs.

Materials needed

- Construction paper
- Scissors
- Glue
- Facial Tissues

Method

1. Explain to the class that they will be creating a portrait of themselves covering a sneeze or cough.
2. Have students cut an oval from a sheet of construction paper the size of a face and glue it onto another blank sheet of construction paper.
3. Tell students to draw their face on the oval.
4. Have children trace one of their hands on a sheet of paper and glue the bottom of the hand onto the chin of the drawn face. Make sure the fingers of the hand still lift up.
5. Have students slide a piece of tissue between the face and the unglued part of the hand, covering the face and mouth.
6. Discuss with students why it is important to cover a sneeze or cough and that even when a tissue is used, they should wash their hands after sneezing.



ACTIVITY #3 – COUGHING AND SNEEZING IN YOUR SLEEVE

Description

Millions of disease-causing germs are released into the air every time we cough or sneeze. Children have learned that coughing and sneezing into a tissue can help keep germs from getting on hands and prevents the spread of germs. In reality, coughing and sneezing into a tissue may contaminate the hands. If this occurs, it is strongly recommended that the hands be washed immediately to prevent the spread of germs.

There's another technique in town! Did you know that the best place to sneeze and cough is into fabric, such as one's sleeve, where the germs get trapped, dry out and die? This takes practice, so practice, practice, practice!

Materials:

DVD: "Why Don't We Do It In Our Sleeve?"

<http://www.coughsafe.com/media.html>

Method:

1. Explain to the class that they will be demonstrating the proper technique for coughing and sneezing into their sleeve (short or long)
2. Explain to the class how this technique prevents the spread of germs
3. Demonstrate the proper technique for coughing and sneezing into fabric (sleeve or shoulder)
4. Ask 4-6 students to individually demonstrate the technique of coughing into fabric, to the rest of the class then
5. Ask the class to rate the students from 1 (poor) to 3 (successful) on technique each student demonstrated



ACTIVITY #4: USE GLO GERM

Description

Demonstrate to students that germs can be on their hands although they cannot be seen. The Glo Germ lotion is rubbed on hands and disappears as it is rubbed in. The lotion stimulates germs that hide (seen under Glo Germ UV light) after hands are washed. This helps students to understand that handwashing can remove germs from hands.

Materials needed

- Glo Germ UV light (available from Algoma Public Health)
- Glo Germ lotion (available from Algoma Public Health)
- A sink with hot and cold running water
- Liquid soap
- Paper towels
- Hand sanitizer (optional)

Method

1. Place a small amount of Glo Germ lotion into each student's hand. A pea-sized drop should be enough for small hands.
2. Have students rub the lotion all over their hands, particularly under nails, around cuticles, and between fingers.
3. Explain that like the lotion, germs are on their hands, although they cannot see them.
4. Have children place hands under the UV light (you may have to dim the lights in the room) to view "glowing germs" that exist before handwashing. The areas where there is Glo Germ lotion will glow orange under the light.
5. Explain to students that the orange glow reveals where germs are on their hands.
6. Have children wash hands using the proper technique and then look at their hands under the UV light again. There should be a significant reduction in the areas that glow orange.
7. Have students discuss areas that are commonly missed during handwashing, where the Glo Germ lotion continues to glow under the light. These are usually the thumbs, between the fingers and underneath the fingernails. Encourage students to pay extra attention to these areas when handwashing.
8. Explain that like germs, the lotion can be washed off using proper handwashing.

Variations

- Divide children into three groups. Have one group wash with water only, the second group wash with soap and water, and the third group wash with hand sanitizer. After examining their hands under the Glo Germ light, discuss how much cleaner hands washed with soap and water become.



Refer to Materials Safety Data Sheet Glo Germ Liquid <http://www.glogerm.com/msds-glogerm-liquid.pdf> and Materials Safety Data Sheet Ultraviolet Black Light <http://www.glogerm.com/msds-glogerm-vlight.pdf> for instructions on use.



ACTIVITY #5: SPREADING GERMS

Description

Use apples to teach students how germs can spread from hands to food.

Materials needed

- 2 apples
- sink, soap and water

Method

1. The teacher presents two beautiful apples on a plate, to the students
2. The students observe the teacher washing his/her hands with soap and water
3. The teacher holds the first apple in his/her right hand
4. The teacher coughs, sneezes and wipes his/her nose on his/her left hand, then holds the second apple in his/her left hand
5. Ask students which apple they prefer to eat. Ask which apple is cleaner.

ANSWER: The Apple held in the right hand is the preferred apple because the apple held in the left hand has been contaminated. Useful or not, germs are everywhere. That is why it is important to wash our hands before handling food.



ACTIVITY #6: PRETEND HANDWASHING FOR YOUNG CHILDREN

Description

Use of imagination to teach children how to wash their hands.

Materials needed

- Water soluble markers

Method

1. Today we are going to talk about hands. How many of you have hands? Hold them up so we can all see them. Sometimes our hands get dirty and then what do we get on them? Yes, germs! Sometimes our hands don't look dirty, but what is still on our hands? Yes, Germs!
2. So, how do we get rid of germs? Yes, we wash our hands. Hold your hands up again and let's Wash our hands-Wash our hands-Wash our hands. (Have children rub hands back and forth as they repeat "wash our hands" three times as you also do it). Good job.
3. Do you know when we should wash our hands? Have them mention some ideas. Also after – using the bathroom, before eating, after playing outdoors, after coughing or sneezing. Pretend to sneeze into your hand and then ask a child if they would want to shake hands with you. I wouldn't either. That's why it is important to "wash our hands" (rub hands together again).
4. Today we are going to talk about real germs and pretend germs. To get rid of real germs on our hands, what do we need?

Water soap and towels. Right!

5. I have some very funny pretend germs I am going to paint on my five fingers. Real germs do not look like this but they look pretty icky.

Now let's help me get rid of these pretend germs. What do we need first?

[1] Warm running water – good.

What do we need next?

[2] Soap – good.

What do we do next?

[3] Scrub our hands really well for 20 seconds.

What do we do next?

[4] Yes, rinse off with warm running water.

And now how do we get rid of the remaining germs?



[5] Use a clean cloth towel or a paper towel and rub really well. Friction is important to remove the germs. Goodbye germs.

6. I mentioned that we needed to scrub our hands for 20 seconds. Do you know how long 20 seconds is? If we sing the 'Happy Birthday' song let's see how long that is? Sing 'Happy Birthday'. Wow, that is a long time to wash our hands. Most people don't wash their hands long enough – this is how many wash: Pretend to wash for one second and wipe on slacks. Let's practice pretend washing our hands for 20 seconds. Ask one student to come up front and sing 'Happy Birthday' while instructor shows how to wash (review 5 steps) and students follow along.

(Sing 'Happy Birthday' twice while all demonstrate washing hands).

7. Now when we wash our hands we can tell how long we need to keep scrubbing.



ACTIVITY #7: COLOURING SHEETS

Description

Students learn about the different shapes germs have.
Students pledge to wash their hands.

Materials needed:

- 3 Coloring/Activity Sheets – “I pledge to wash my hands,” and “Germ Search” Activity Sheet.



ACTIVITIES



Name _____
I pledge to wash my hands



P.O. Box 189, Moab, Utah 84532
435-259-5693 • 800-842-6622
435-259-5930 Fax
www.glogerm.com
dma@glogerm.com



Color me,
cut out
to make a puzzle.

Name _____

I pledge to wash my hands



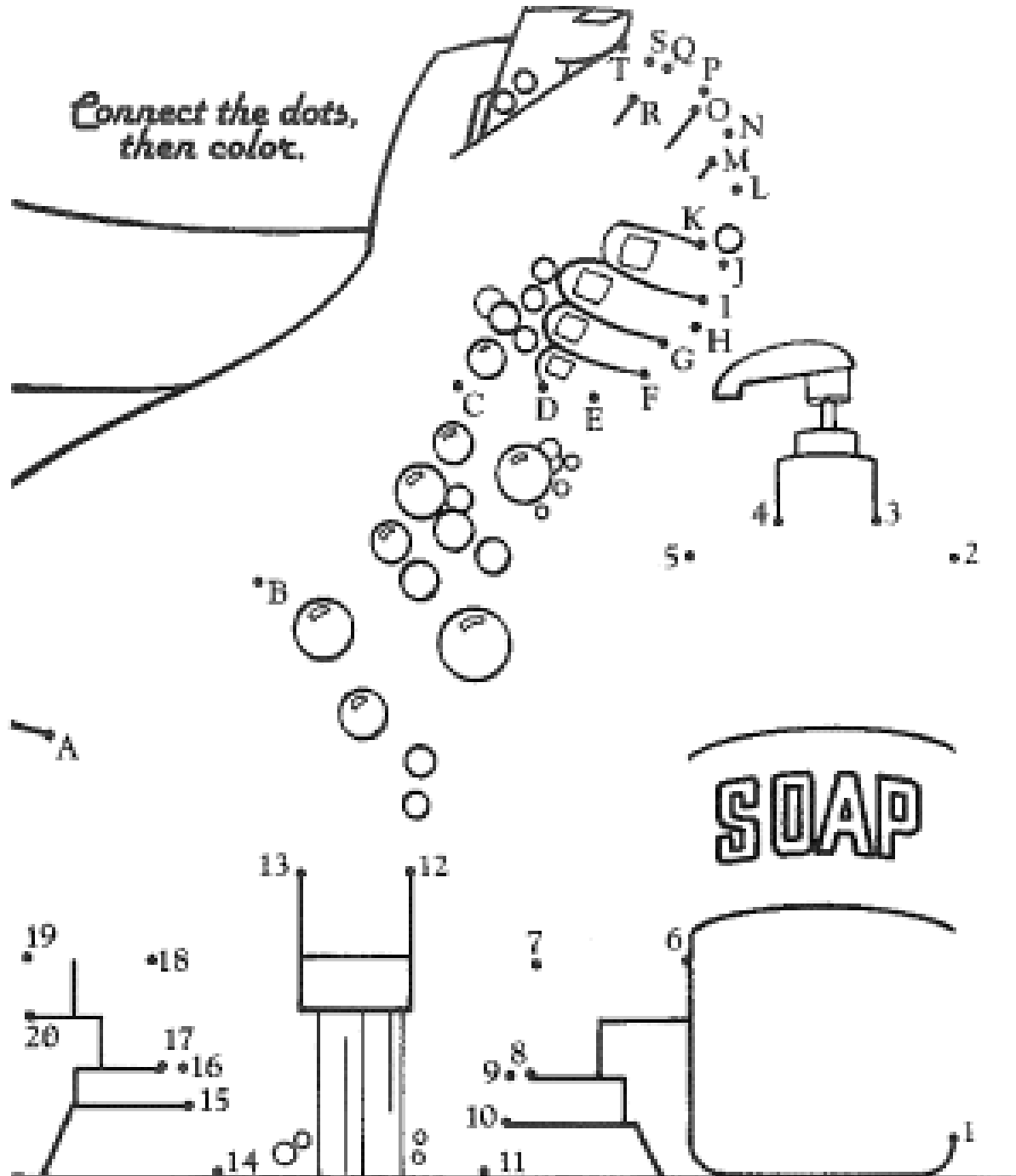
P.O. Box 189, Moab, Utah 84532

435-259-5693 • 800-842-6622

435-259-5930 Fax

www.glogerm.com

dma@glogerm.com



 Go Germ Company

Name _____

I pledge to wash my hands

P.O. Box 437
Brossard, Québec J4W 1G2
(514) 250-0204
(800) 848-0202 USA
(800) 804-0170 Canada
(201) 258-0000 FAX



"Germ Search" Activity Sheet

Circle each of the things where germs can live. Color each of the things that help get rid of germs.





Resources Available from Algoma Public Health

RESOURCE	Target grade
Glo-germ lotion and UV light	All grades

BOOKS

Buddy Bear’s Handwashing Troubles Marjori Cooke	K-2
Germs Are Not for Sharing Elizabeth Verdick	K-2
Germs! Germs! Germs! Bobbi Katz	K-2
Gerbusters Handwashing Activity book Marjorie Cooke	K-2
Those mean nasty dirty downright disgusting but invisible germs Judith Anne Rice	K-3
Wash Your Hands! Tony Ross	K-4
Germs on Their Fingers Wendy Wakefield Ferrin	Grades 3-4
The Germ Gang Activity Book Marjorie Cooke	Grades 4-6
Germs Make Me Sick Melvin Berger	Grades 4-6
Germs Ross Collins	Grades 4-6

On-Line Video

Why Don’t We Do It In Our Sleeve? 5 minutes	K-Adult
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VIDEOS

Just Wash-Em: 7 minutes	K-2
Hands Down on Germs: 8 minutes	Grades 2-4
All Hands on Deck: 10 minutes	Grades 2-4
The War on Germs: 10 minutes	Grades 4-8



Resources are available for a two-week loan period. To book your resource(s), contact Algoma Public Health at 759-5418

Websites for Teachers

1. www.algomapublichealth.com
2. www.itsasnap.org
3. <http://www.cdc.gov/germstopper>
4. www.glogerm.com
5. www.washup.org
6. www.henrythehand.com
7. www.scrubclub.org



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