



# HANDWASHING LESSON

*For students ages 3-6*

## Preparing for Handwashing with Young Children

### *Materials:*

- Germ finger puppets
- A way to illustrate 20 seconds of time
- UV black light
- Germ Glo
- Access to warm water, soap and towels
- Coloring sheets

## Germs Are On Our Hands

- Today we are going to talk about hands.
- How many of you have hands? Hold them up so we can all see them.
  - *Hold your hands in the air to prompt children to do the same.*
- Sometimes our hands get dirty and then what do we get on them?
  - *Allow children to answer.*
- Yes, germs!
- Sometimes our hands don't look dirty, but what is still on our hands?
  - *Allow children to answer.*
- Yes, germs!

## How Do We Get Rid of Germs?

- So, how do we get rid of germs?
  - *Allow children to answer.*
- Yes, wash your hands.
- Hold your hands up again and let's wash our hands
  - *Rub your hands together in the air repeat "wash our hands" three times -have children rub hands back and forth too.*
- Good job!

## When Do We Need to Wash Our Hands?

- Do you know when we should wash our hands?
  - *Have them mention some.*
- 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 your hands"
  - *Rub hands together again.*

## What Do We Need?

- Today we are going to talk about real germs and pretend germs.
- To get rid of real germs on your hands, what do you need?
  - Allow children to answer.
- Water, soap and towels!

## Getting Rid of Germs!

### *Materials: Germ finger puppets*

- I have some very funny pretend germs I am going to put on my five fingers.
- Real germs do not look like this but they look pretty icky.
  - *Put a finger puppet on the fingers and thumb of one hand.*
- Now let's help me get rid of these pretend germs.
- What do we need first?
  - *Allow children to answer.*
- 1. Warm running water – good. One germ is gone!
  - *Remove germ from the first finger.*
- What do we need next?
  - *Allow children to answer.*
- 2. Soap – good. Another germ is gone!
  - *Remove another germ.*
- What do we do next?
  - *Allow children to answer.*
- 3. Scrub our hands really well for 20 seconds. Germ #3 is gone!
  - *Remove another germ.*
- We only have two pretend germs left, what do we do next?
  - *Allow children to answer.*
- 4. Yes, rinse off with warm running water. Away with another germ!
  - *Remove another germ.*
- And now how do we get rid of the last germ?
  - *Allow children to answer.*
- 5. Use a clean cloth towel or a paper towel and rub really well. Friction is important to remove the germs. Goodbye last germ!
- All the germs are gone.

*Have a child come to the front and put the germs on their fingers and repeat.*

## How Long is 20 Seconds?

### *Materials: Object to illustrate 20 seconds*

- I mentioned that we need to scrub our hands for 20 seconds.
- Do you know how long 20 seconds is?
- I have a dancing hamster that goes for 20 seconds.
- Let's see how long that is?
  - *Turn on what you are using to illustrate 20 seconds.*
- Wow, that is a long time to wash your hands.
- Most people don't wash their hands long enough—this is how many people 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 to the front.*
  - *Turn on what you are using to illustrate 20 seconds.*
  - *Review the 5 steps of hand washing and encourage the students to follow along.*
- There is another way to know how long 20 seconds is – sing the “Happy Birthday” song two times.
- Let's sing Happy Birthday to your teacher and pretend to wash our hands for 20 seconds.
  - *Sing Happy Birthday twice while all demonstrate washing hands.*
- Between fingers, thumbs, palms, fronts, and wrists. Dry briskly.
- Now when you wash your hands you can tell how long you need to keep scrubbing.

## **Experiment with Black light**

### ***Materials: UV black light, Glo Germ, access to warm water, soap, and towels***

- We are going to do an experiment with black light and pretend germs.
  - *Ask the teacher (ahead of time) to choose five students – no students with skin allergies – who at this time come to the front.*
- These five people and an adult (teacher) are going to put pretend germs on their hands.
- Then turn out the lights and everyone will be able to see the pretend germs on their hands.
  - *Have all children apply the lotion (Glitter Bug potion).*
  - *Turn out the lights. Use the black light to show the hands with lotion on them.*
- Lights on. Now, these people will go wash their hands and critique how they do.
- If they wash well, all of the pretend germs will be gone.
- If they leave some pretend germs on their hands, the germs will show under the black light.
  - *Teacher and students go wash.*
  - *Practice hand washing with the rest of the class while they are gone.*
- Good, the hand washers are back – let's see how they did.
  - *Turn out the lights and let's see if they missed any spots.*
  - *Praise even if they missed some spots. Lights back on.*
- Applause for the hand washers.

## **Coloring**

- Thank everyone for such a good job.
  - Hand out coloring sheets for the class to color.
- Congratulate students for doing such a good job.

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