



HANDWASHING LESSON

For Preschool Students

Preparing for a Handwashing Activity with Young Children

Materials:

- A large container (i.e. turkey roasting pan, dish tub, sand or water table)
- Dry erase contact paper
- A large towel
- Warm water
- Hand soap in pump bottle

Begin with a story.

- 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.*
- I found a book that talks about our hands and how to keep them clean.
 - Read book that addresses handwashing such as *The Berenstain Bears Come Clean for School.*

Handwashing Activity

- Have children gather around you and the large container with hands cut out of dry erase contact paper.
- Place a large towel under container.
 - Explain: *Today, we are going to pretend that the container is our sink. We will need to wash the hands in the container.*
- Using dry erase markers, have the kids draw germs on the hands. The germs can be spotted, hairy, round, square, squiggly....use your imagination!
- After everyone has had a turn drawing a germ, talk about the germs and how dirty our hands are now.
- It's time to clean our hands!
 - *How do we get our hands clean? What do we need?*
 - *Yes! Soap and water!*
- Get the hand-soap and pretend to screw off the top as if you are going to dump the whole bottle and ask do we need a whole bunch? *The kids should chime in and say "no."*
- Respond, *Just a squeeze please.* And squeeze one drop of soap on the hands.
 - Say: *Did it work?* Again the response should be "no."
 - Ask: *What else do we need?*
 - *Yes! Water!*



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- Now get a cup of water and slowly begin to pour over the germs. The marker should begin to peel away from the contact paper. This is a great representation of how just placing our hands in the water doesn't work. Some of the germs may come off but not all.
- Ask: *What are we missing?*
- Yes, *Scrubbing!*
- Have the kids reach in the pan and scrub, scrub, scrub those germs away. *This can get messy but it's the best part.*
- Sing a silly song like "wash, wash, wash our hands" (think row, row, row your boat). Even Happy Birthday to wash our hands works. Just have fun and make it something the kids can do on their own at the sink.
- Now tip the pan slightly so the water falls off the handprints and reveals clean hands.
 - *Yay! We did it!*



Content from this publication was developed by Joy Gibson, LPN, Exceptional Pupil Cooperative.