

**Learn. Disrupt. Rebuild@HWDSB: Building a Community of Care
Module 1 – Physical Safety, Mental Health and Wellness**

Lesson #3 – Hand Washing: Let’s Wash Those Germs Away! (Primary)

Learning Goal: To reflect on how germs are spread and to practice proper handwashing and sanitizing techniques.

Key Vocabulary:

Germs: Germs are a group of tiny invaders called “micro-organisms” that can make our bodies sick. Germs are so small and sneaky that they can get into our bodies without being noticed. In fact, germs are so tiny that you need to use a microscope to see them.

Handwashing: You use your hands to do many things like greeting people, eating your lunch, writing your name, drawing or coloring, reading a book and throwing a ball. Your hands are very busy during the average day and they can get pretty dirty and covered with germs.

Curriculum Links:

Grade	Ontario Curriculum	Codes
Kindergarten	The Kindergarten Program (2016): Self-Regulation and Well-Being	6.3
Grade 1	Grades 1-8: Health and Physical Education (2015)	C2.5
Grade 2	Grades 1-8: Science and Technology (2007)	C1.1, C3.2
Grade 3	Grades 1-8: Health and Physical Education (2015)	C1.4, C2.2

Tools and Materials:

- YouTube video by Canada.ca <https://youtu.be/UitUdTjhZz8>
- Non-toxic craft paint
- Sink/soap
- Chart paper
- Poster – WHERE DO THE GERMS HIDE?

Educator Pre-Reflection:

Before engaging in this lesson, consider:

Objectives

Students will:

- Demonstrate knowledge of germs and how illness is spread
- Identify appropriate times for washing hands and using hand-rub
- Demonstrate the correct techniques for washing hands

Handwashing

It is important to wash your hands well:

- when they are dirty;
- before you eat;
- after using the toilet;
- after playing outside;
- after touching or feeding an animal;
- after coughing, sneezing or blowing your nose;
- before and after visiting a sick relative or friend.

6 step method of handwashing

1. Using warm water (not cold or hot), get your hands wet
2. Apply plenty of soap
3. Rub your hands together until you make bubbles. Wash both the tops and bottoms of your hands, between all of your fingers, around your thumbs, fingernails and wrists. Wash for at least 15 seconds (the time it takes to sing the ABC song)
4. Rinse off all of the soap
5. Take a paper towel and dry off your hand
6. Turn the water off with the paper towel and then throw it away

Alcohol-based hand sanitizer

When there is no soap or water available, waterless hand soaps (hand-rub/hand sanitizer) are a good alternative. Use hand-rub (with an alcohol concentration of 70 to 90%) when you cannot see any dirt on your hands.

8 step method of hand-sanitizing

1. Squirt hand-rub into each palm (about the size of a loonie)
2. Rub fingertips of each hand in opposite palm
3. Rub hands together palm to palm
4. Rub in between and around fingers
5. Rub the back of each hand
6. Rub each thumb
7. Rub each wrist
8. Rub for at least 15 seconds until hands are dry

Student Pre-Reflection:

Before you begin, think about...

What do you know about germs?

What do germs do?

What is the easiest way to get rid of germs on your hands?

Provocation:

- Tell student that they must stay in their seats and not touch anything for this activity.
- Explain to students that we all have germs on our hands from different items we touch and whenever we touch something else the germs spread. They should understand that during the pandemic, it is extremely important to stop the spread of germs by frequently washing our hands.
- Show students the craft paint and tell them to imagine the paint to be germs. Give each student a drop of the paint (germs) and ask them to rub it all over their hands (front and back) up to their wrists. Then ask them to not touch anything to prevent the spread of “germs” and wait in their seats to allow the paint to dry.

Learning Task/Activity:

While the paint is drying...

1. Ask students to raise their hands if they know what germs are. Ask them to share what they know. On a chart paper record their knowledge. Add important information from the following script in the discussion and on the chart paper.
- Germs are a group of tiny invaders called “micro-organisms” that can make our bodies sick.

- Germs are so small and sneaky that they can get into our bodies without being noticed. In fact, germs are so tiny that you need to use a microscope to see them.
 - Germs are found all over the world and in all kinds of places.
 - The four main types of germs are: bacteria, viruses, fungi, and protozoa.
 - They can invade plants, animals, and people. Germs can also live on surfaces like sinks, counters and doorknobs.
 - They are just waiting to be picked up by your hands. If you touch your eyes, nose or mouth with unclean hands then there is a chance you may get sick.
 - Once germs get into our bodies, they want to stay for a while. They get all their nutrients and energy from you.
 - They also produce waste products called toxins which are like poisons. Those toxins can cause symptoms of common infections, like fevers, sniffles, rashes, coughing, vomiting, and diarrhea.
2. Watch the YouTube video about hand washing by Canada.ca <https://youtu.be/UitUdTjhZz8>
 3. Ask students the following question: How can you protect yourself from germs? On another chart paper, record their ideas from the video and add important details from the following information in the conversation and chart paper.
 - You use your hands to do many things like greeting people, eating your lunch, writing your name, drawing or coloring, reading a book and throwing a ball.
 - Your hands are very busy during the average day and they can get pretty dirty and covered with germs.
 - Your hands are the one part of your body that touches doorknobs, faucets and other places touched by other people. That's the way many germs that cause illnesses are passed from one person to the other.
 - **Washing your hands is the first line of defense against getting sick.**
 4. Post both chart papers in an area visible from the classroom sink/handwashing area.
 5. Ask students to wash their hands for 20 seconds and dry them as instructed in the video (Students who are able may time themselves using a clock/timer or counting to 20, younger students may sing the happy birthday song twice as suggested by the video)
 6. Ask students the following questions:
 - Where you able to get the paint off in 20 seconds?
 - What parts of the hand did the paint/germs hide in?

Consolidation:

Students will trace their hands on a paper to make a poster titled, WHERE DO THE GERM HIDE?. They will then label the different parts of the hand that they thought needed extra attention when washing their hands. Post the posters around the classroom/school to begin conversations about the importance of proper hand washing to prevent the spread of germs.

Educator Post-Reflection:

The main idea I want to remember or take away from this lesson is..
My next step is...

I need to learn more about...

I am feeling...

Student Post-Reflection:

The main idea I want to remember or take away from this lesson is..

My next step is...

I need to learn more about...

I am feeling...

Ideas for Going Deeper/Further Resources:

Read aloud and discuss the book storybook, *William, Won't You Wash your Hands?*

Portions of this lesson have been adapted with permission from the Niagara Region Public Health and Hamilton Public Health.

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