

# Wash Your Hands (Kindergarten)



## HAND-WASHING OBJECTIVES CHECK LIST

Students will be able to:

- perform** proper hand washing techniques.
- express ways** they can **remember to wash their hands regularly.**
- explain** the **importance** of washing hands.
- identify** that fruits and vegetables fit in the food groups of MyPlate and are healthy.

## MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<p><b><u>In Kitchen Bin</u></b></p> <ul style="list-style-type: none"> <li>- cutting board (teacher only)</li> <li>- chef knife (teacher only)</li> <li>- large bowl</li> </ul> <p><b><u>In Paper Goods Bin</u></b></p> <ul style="list-style-type: none"> <li>- spoons/forks* (if needed)</li> <li>- small paper plates* (if needed)</li> </ul>	<ul style="list-style-type: none"> <li>- activity sheets copies*</li> <li>- "Wash Your Hands" parent letter copies*</li> <li>- napkins*</li> </ul>	<ul style="list-style-type: none"> <li>- book: "Germs Are Not for Sharing" by Elizabeth Verdick or "Wash Your Hands" by Tony Ross</li> <li>- seasonal fruit or vegetable</li> </ul>

\*one per student

## ACTIVITY MATERIALS

Bins	Teacher Provides	Will be Delivered
	<ul style="list-style-type: none"> <li>- paper towels*</li> </ul>	<ul style="list-style-type: none"> <li>- hand soap</li> <li>- black pepper packets*</li> <li>- 5 plastic coated paper plates</li> </ul>

\*one per student

## SET-UP

### Copies:

- Make copies of “*Wash Your Hands*” parent letter (each student) and “*What Do You Think Germs Look Like*” activity sheet (each student).

### Work area:

- Students will work in 5 groups for **Watch Soap in Action! Pepper/Water/Soap Activity**
- Have nutrition table ready for lesson materials and ingredients.

### Food-prep:

- Wash seasonal fruit or vegetables for snack. Cut and divide the food into an appropriate number of pieces for the class. Use plates and spoons if needed.

### Other-prep:

- Have the book “Wash Your Hands” or “Germs are not for Sharing” ready to read to the class.
- Have 5 paper plates, water (use pitcher) and black pepper packets (1 per student), ready for experiment- plan to divide students into 5 groups.  
Video of experiment: <https://www.youtube.com/watch?v=TXZ1d70YZJ8>
- Have soap and paper towels ready for hand washing.

## INTRODUCTION WITH STUDENTS



### Let's Wake Up Our Brains! Brain Boost Exercise!

#### **Shake those Germs Off- Repeat to get your heart going!**

- ♥ We're gonna shake, shake, shake those germs off
- ♥ Shake, shake, shake those germs off
- ♥ We're gonna jump, jump, jump those germs off
- ♥ Jump, jump, jump those germs off
- ♥ We're gonna jog, jog, jog those germs off
- ♥ Jog, jog, jog those germs off
- ♥ We're gonna wash, wash, wash those germs off
- ♥ Wash, wash, wash those germs off
- ♥ Good –Bye Germs!! (adapted from Kid's Country Song & Dance CD by The Learning Station)

Now that our minds are ready to go, let's get started on our nutrition lesson.

- Why should we wash our hands?
- **Refer to the Key Behavior on the board and tell students that today they are going to learn about germs and the importance of regular hand washing.**
- Ask students to explain why hand washing regularly is important, (washing our hands regularly helps keep us from getting sick).
- Ask students what they know about germs. Give students 1 minute to talk to their neighbors about what they know about germs.
- Lead the discussion with some of the following questions:
  - ✓ Where do we find germs?
  - ✓ What do germs look like?
  - ✓ What do germs do to our bodies?
  - ✓ How do germs get on our bodies?

✓ How do we get rid of germs?

- Read the handwashing book and discuss with students.
- Explain to students that the germs are so small that we cannot see them with our own eyes. We need a tool called a microscope to see them well. When we see the germs, they come in many different shapes.
- Tell students that they will do an experiment that shows soap in action, practice washing their hands to get rid of germs and eat a healthy snack.

## PROCESS

Step 1: Ask students if they know why we use soap when we wash our hands. All answers count - (*because soap gets our hands clean, soap gets rid of germs, etc.*).

Let's do the **Watch Soap in Action! Pepper/Water/Soap Activity!**

Step 2: Divide students into 5 groups. Pass out one plastic coated paper plate to each group and one pepper packet to each student. Pour enough water onto each plate to fill the bottom of the plate.

Step 3: Students open and pour pepper into the water. Tell students to think of the pepper as germs and put a finger into the pepper. The pepper should stick to the fingers like germs do.

Step 4: Next (one student per group or teacher) puts a small drop of soap on their finger and sticks it in the pepper. Watch the "germs" run away. Discuss how soap battles germs.

Step 5: Ask students when it is important to wash our hands.

- ✓ before preparing or eating food
- ✓ after using the bathroom
- ✓ coming back from playing outside
- ✓ after sneezing or coughing

**Important:** Show students how to cough or sneeze into their arm or shoulder instead of their hands to help keep their hands clean.

Step 6: Demonstrate how to wash hands. Emphasize the importance of using warm water and soap and rubbing all parts of your hands. Sing the 20 second song below.

### **This is the way you Wash Your Hands Song**

(sing to the tune-This is the way you...)

*This is the way you wash our hands, wash your hands, wash your hands*

*This the way you wash your hands for 20 seconds at least*

*Lather up and rub-a-dub-dub, rub-a-dub-dub, rub-a-dub-dub*

*Lather up and rub-a-dub-dub for 20 seconds at least*

*One more time before you're done, before you're done, before you're done*

*One more time before you're done, now 20 seconds a piece*

Step 7: Pass out the “*What Do You Think Germs Look Like?*” activity sheet and review directions with the students. Students will work on this activity sheet while they wait for their turn to wash their hands. Encourage students to use their imagination when drawing germs on their dirty hand.

Step 8: Send small groups of students to the sink to wash their hands. Have them spend enough time to do a thorough job of hand washing.

Step 9: After all students have practiced thorough hand washing, pass out the snack, small paper plates, and napkins to students. Tell students that eating fruits and vegetables help us fight germs in our bodies.

Step 10: **Let’s Eat, Let’s Talk.** While students eat, ask them what they learned by having them explain why we should wash our hands regularly. Help students think of ways they can make sure to wash their hands regularly. Ask and discuss the questions in the box **Make Health Happen.**

Step 8: Pass out parent letter to take home.

*Make Health Happen*

What did you learn today that makes you want to wash your hands regularly?

How can you make sure to remember to wash your hands after you go to the bathroom and before you eat?

When else should you remember to wash your hands?

### REINFORCING STANDARDS

#### Comprehensive Health

- **GR.K-S.2-GLE.1** Identify the major food groups and the benefits of eating a variety of foods.
- **GR.K-S.2-GLE.2** Explain how personal hygiene and cleanliness affect wellness.

#### Physical Education

- **GR.K-S.1-GLE.1** Demonstrate body and spatial awareness through movement.
- **GR.K-S.1-GLE.1** Locate the major parts of the body.
- **GR.K-S.3-GLE.2** Demonstrate the ability to follow directions.

## Reading, Writing and Communicating

- **GR.K-S.1-GLE.1** Oral communication skills are built within a language-rich environment.
- **GR.K-S.1-GLE.2** Communication relies on effective verbal and nonverbal skills.
- **GR.K-S.2-GLE.2** A concept of print to read and a solid comprehension of informational texts are the building blocks for reading.
- **GR.K-S.2-GLE.3** Decoding words in print requires alphabet recognition and knowledge of letter sounds.

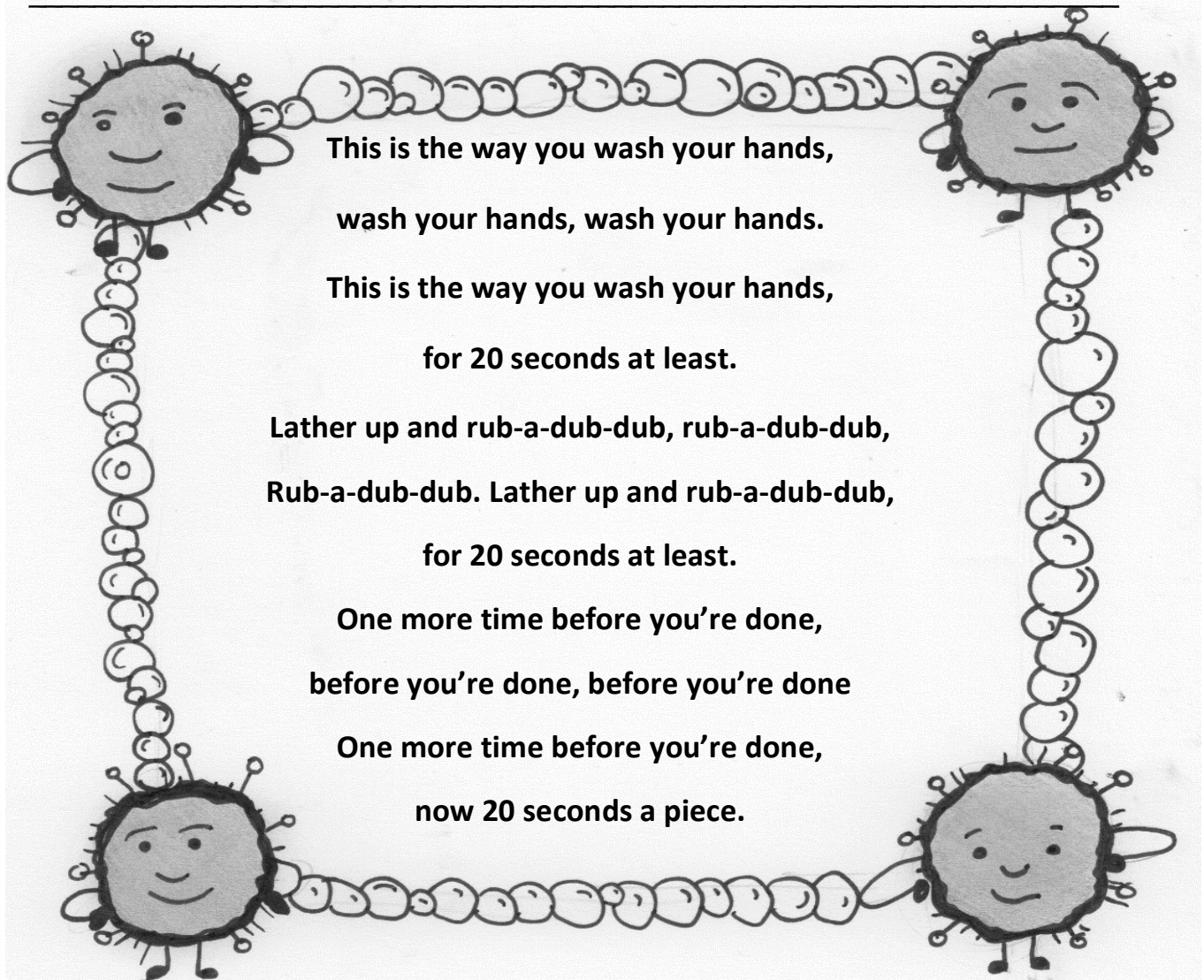
# BACKGROUND INFORMATION

- It is important for students to learn about germs (bacteria and viruses), the environment in which they live and grow, and how germs can affect our health.
- Germs are part of nature and of our lives. Many kinds of germs are helpful, such as soil bacteria, which make compost. However, there are other harmful germs (bacteria and viruses) that cause a variety of illnesses. The spread of germs (bacteria and viruses) is preventable through simple public health precautions, such as covering the mouth when coughing, or washing hands after exposure to contaminated objects.
- Using soap for hand washing is the best way to get rid of germs.
- Although soap removes dirt and germs, it does not kill the bacteria. Antibacterial soap has become a popular alternative to traditional soap because it kills bacteria, as well as some antibacterial hand sanitizers which are easier to use because they don't require water. Although it may seem more effective to use antibacterial soaps, some studies suggest that those types of soaps can be harmful because they only kill weak bacteria and leave the strong strains, which may survive, reproduce, and be even more difficult to kill.
- Hand washing before any cooking or food preparation is always required and particularly important to teach in nutrition classes. Contagious diseases can be limited by establishing good hand washing habits and wearing disposable gloves when handling food. **Note:** In some nutrition lessons, students prepare uncooked dishes, such as salads. For those particular food preparation activities, students are required to wear plastic gloves on both of their hands. Have students treat the plastic gloves as their cleanest hands. The only things they should touch when wearing disposable gloves are the ingredients and the utensils.

Dear Family,

Today I learned that it is important to wash my hands regularly. I practiced singing this song while I washed my hands. If I wash while I sing the whole song my hands will be clean! Let's sing this song together before we eat!

*Parent Tip: Studies show that practicing regular handwashing reduces school absences due to viruses, colds, flu, and stomach aches in school age children.*



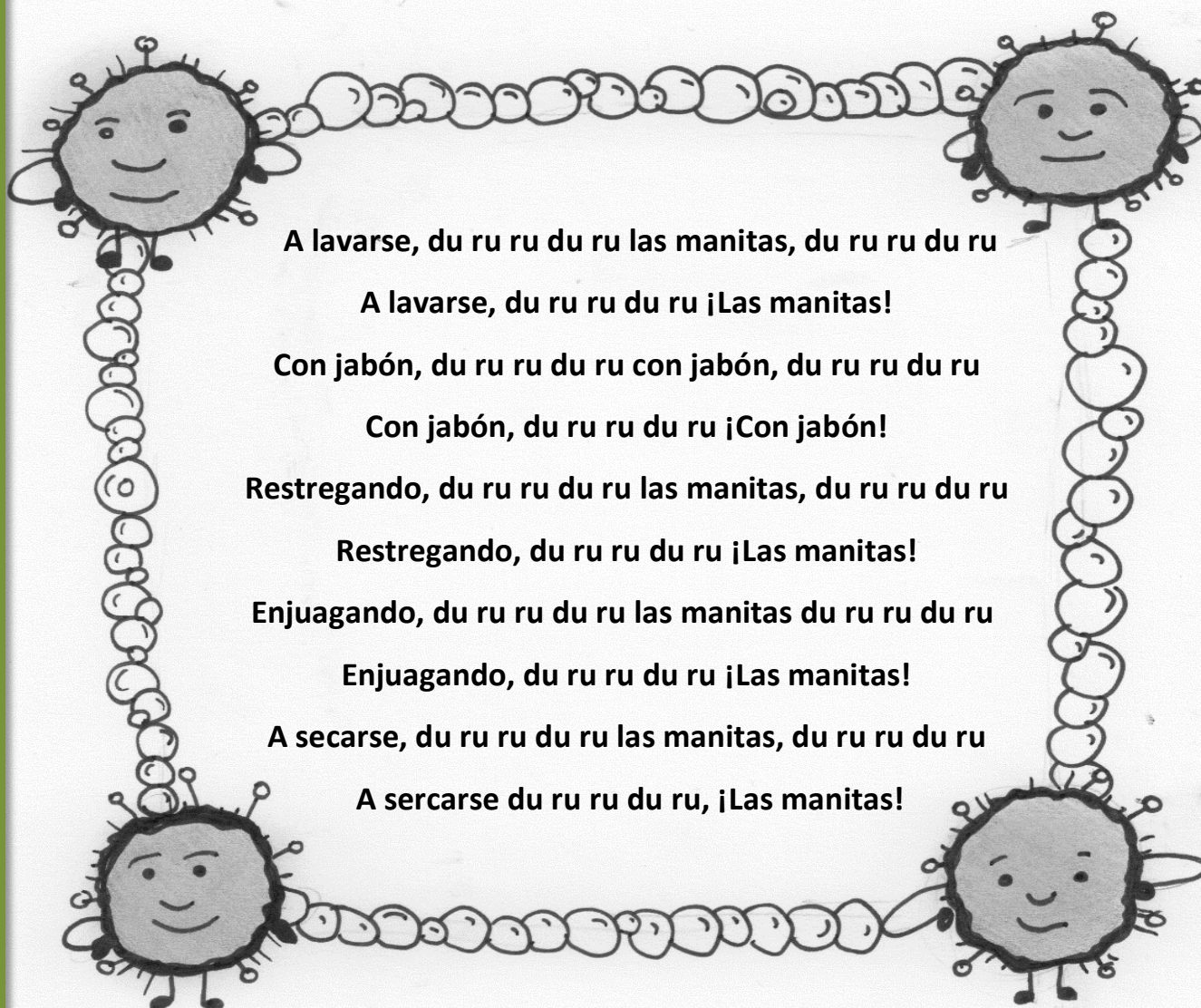
**Wash your hands regularly!**

**To keep from getting sick, washing your hands will do the trick!**

Querida Familia,

Hoy aprendí que es importante lavarse las manos con regularidad. Yo practiqué cantando esta canción mientras me lavé las manos. ¡Si me lavo mientras canto toda la canción, mis manos estarán limpias! ¡Cantemos esta canción juntos antes de comer!

*Consejo para padres: Los estudios demuestran que la práctica regular de lavarse las manos reduce las ausencias escolares debido a virus, a los resfriados, la gripe y dolores de estómago en los niños en edad escolar.*



A lavarse, du ru ru du ru las manitas, du ru ru du ru

A lavarse, du ru ru du ru ¡Las manitas!

Con jabón, du ru ru du ru con jabón, du ru ru du ru

Con jabón, du ru ru du ru ¡Con jabón!

Restregando, du ru ru du ru las manitas, du ru ru du ru

Restregando, du ru ru du ru ¡Las manitas!

Enjuagando, du ru ru du ru las manitas du ru ru du ru

Enjuagando, du ru ru du ru ¡Las manitas!

A secarse, du ru ru du ru las manitas, du ru ru du ru

A secarse du ru ru du ru, ¡Las manitas!

**¡Lávate las manos regularmente!**

**¡Para evitar enfermarse,  
lavándose las manos hará el truco!!**

## What do you think germs look like?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Trace your hands. Draw germs on the dirty hand.

**Dirty Hand**

**Clean Hand**



## ¿Cómo crees que se miran los gérmenes?

Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_

Dibuja tus manos. Dibuja los gérmenes en la mano sucia.

**Mano Sucia**

**Mano Limpia**