

Keeping Busy Hands Clean (3rd Grade)

Materials and Ingredients

- ✓ *Killing Germs* by Melanie Mitchell
- ✓ seasonal fruits and/or veggies
- ✓ paper plates and spoons, if needed
- ✓ teacher knife, cutting board, bowl
- ✓ handwashing sequencing activity
- ✓ handful of confetti

Handwashing Activity

- ✓ hand soap and paper towels
- ✓ Petri dishes (2), tape
- ✓ activity sheet

Food Preparation

- ✓ Wash and cut up fruits and/or veggies

Introduction

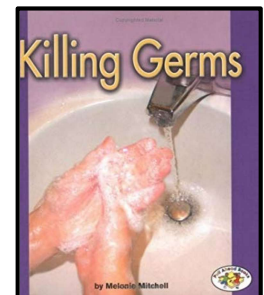
- ✓ Start off with a short brain boost (see next page).
- ✓ During circle time secretly keep the confetti in your hand and pretend to sneeze, let the confetti fly everywhere.
- ✓ Discuss why and when we should wash our hands.
- ✓ Read the book *Killing Germs*
- ✓ *Wash your hands regularly!*
To keep from getting sick, washing your hands will do the trick!

Process

- ✓ Do the Petri-dish experiment together as a class. (refer to complete lesson for details)
- ✓ Have students wash their hands using soap and warm water.
- ✓ While students wait to wash their hands have them cut up handwashing sequencing activity, mix up and put in order.
- ✓ Serve the fruit water and seasonal fruit/or veggies.
- ✓ Eating fruits and vegetables, also helps us from getting sick!
- ✓ *Wash your hands regularly!*
To keep from getting sick, washing your hands will do the trick!

Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.





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

Run those Germs Off- Repeat to get your heart going!

- ♥ Run, run, run in place
- ♥ Run those germs off
- ♥ Jump, jump, jump in place
- ♥ Jump those germs off
- ♥ Jog, jog, jog in place
- ♥ Jog those germs off
- ♥ Hop, hop, hop in place
- ♥ Hop those germs off
- ♥ Wash, wash, wash those germs off
- ♥ Good –Bye Germs!!

Song to Sing to Help us Wash our Hands

“Happy Birthday to you,
Happy Birthday to you,
Happy Birthday dear Germs,
It's the last one for you!”

(sing twice)

or

The ABC Song

Petri-dish Experiment

Part One:

- ✓ Remind students that we all have germs on our hands.
- ✓ Pick a volunteer and have him/her shake hands with a few students.
- ✓ Have the volunteer put their (right) hand on the door knob, phone and desk.
- ✓ Ask the class if they think that student's hand has germs on it.
- ✓ Have the volunteer press his/her (right) fingers firmly on the agar (pink jelly) of one of the Petri dishes.
- ✓ Explain to the class that the student volunteer put invisible germs from his/her fingers onto the dish.
- ✓ **Tape closed**, date and label the first dish “unwashed hand”.
- ✓ Store it upside down (gel side up) and at room temperature.
- ✓ Ask the students what they think will happen inside the Petri dish.

Part Two:

- ✓ Have a volunteer wash his/her hands thoroughly at the sink.
- ✓ Have the class sing the “Happy Birthday Germs” song *two times* as he/she washes.
- ✓ Have the student press clean fingers firmly against the agar in the second Petri dish.
- ✓ **Tape closed**, date and label the dish “washed hand”.
- ✓ Store it upside down (gel side up) and at room temperature.
- ✓ Ask the students what they think will happen inside the Petri dish.

Note: If there is no sink in the classroom send the student to the restroom to wash his/her hands.

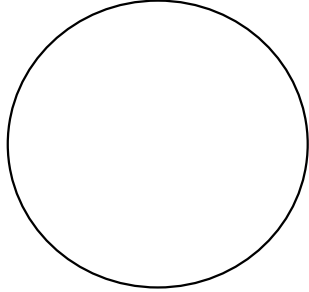
IMPORTANT: *Do not* wait more than a couple of days to observe the germs as they will continue to grow in both dishes and you will not be able to see a difference between the two.

IMPORTANT: *Keep the tape the petri dishes taped closed and throw them away after observing.*

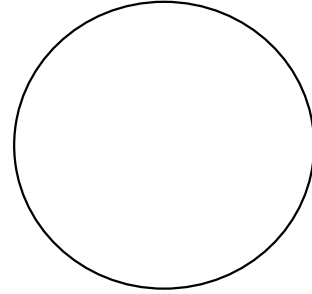
Hooray for Hand Washing

Name: _____ Date: _____

Draw and write your predictions:



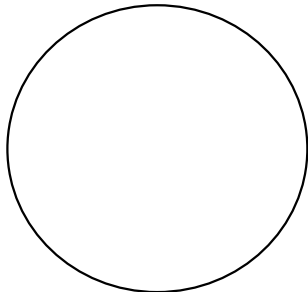
unwashed hand



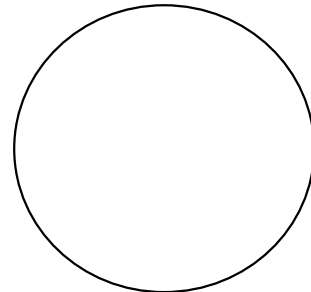
washed hand

STOP! Wait for 2 or 3 days.

Draw and write your observations (after 48-72 hours):



unwashed hand

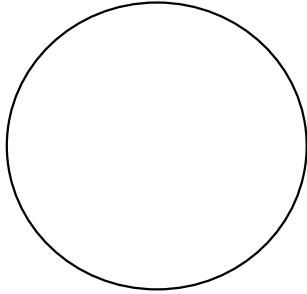


washed hand

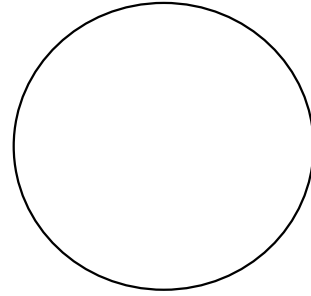
Bravo por Lavarse las Manos

Nombre: _____ Fecha: _____

Dibuja y escribe tus predicciones:



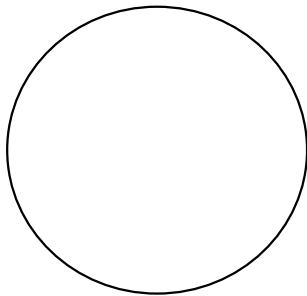
mano no lavada



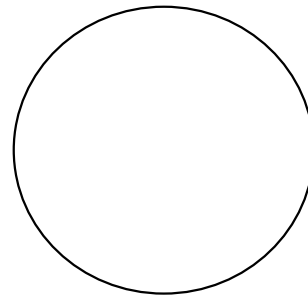
mano lavada

¡Para! Espera 2 o 3 días.

Dibuja y escribe tus observaciones (después de 48 o 72 horas).



mano no lavada



mano lavada

Steps to Hand Washing



Rinse your hands with warm water.



Turn off the water.



Turn on the water.



Say “excuse me” when you burp.



Put soap on your hands.



Dry your hands.



Use a tissue when you sneeze.



Get your hands wet.



Cover your mouth when you cough.



Sing the “Happy Birthday” song while you scrub your hands all over.

Pasos para lavarse las manos



Enjuágate las manos con agua tibia.



Cierra el agua.



Abre el agua.



Di “disculpe” cuando tengas un eructo (burp).



Pon jabón en tus manos.



Seca tus manos.



Usa una toalla cuando estornudes.



Moja tus manos.



Tápate la boca cuando estés tosiendo.



Canta Feliz Cumpleaños cuando te estés lavando las manos una y otra vez.



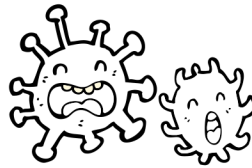
Handwashing

K-5 Family Letter

Dear Families,

Today, your student learned the importance of washing their hands regularly for at least 20 seconds. They practiced singing the song (below) while they washed their hands. If they wash while they sing the whole song, their hands will be clean.

Studies show that practicing regular handwashing reduces the number of school absences from viruses, colds, flu, and stomachaches in children.



Let's sing this song together before we eat using the tune of "wheels on the bus"!

This is the way you wash your hands, wash your hands, wash your hands.

This is 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.

Wash your hands regularly!

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

Science: See Soap in Action!

Materials: pinch of black pepper, soap, and shallow dish filled with water

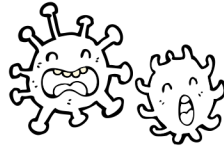
1. Add the black pepper "germs" to the water.
2. Children stick their fingers into the water.
3. Pepper "germs" will stick to fingers. Rinse fingers.
4. Children put fingers in soap before putting them in the bowl of "germs".
5. Have the children watch as the "germs" scatter away from the soap.



Queridas familias,

Hoy, su estudiante aprendió la importancia de lavarse las manos regularmente por lo menos por 20 segundos. Cantaron la canción que mencionamos mas adelante mientras se lavaban las manos. Si se lavan las manos mientras cantan la canción completa, sus manos estarán limpias.

Estudios de salud muestran que lavarse las manos de forma regular, reduce el número de ausencias escolares por virus, resfriados, gripe y dolores de estómago en los niños.



¡Vamos a cantar esta canción juntos antes de comer con la melodía de "ruedas en el autobús"!

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!

¡Lávese las manos frecuentemente!

¡Para evitar enfermarse, lavarse las manos hará el truco!

Ciencia: ¡Ver el jabón en acción!

Materiales: pizca de pimienta negra, jabón y plato poco profundo lleno de agua

- Agregar la pimienta negra "gérmenes" al agua.
- Los niños meten los dedos en el agua.
- Pimienta "gérmenes" se pegará a los dedos. Enjuague los dedos.
- Los niños ponen los dedos en el jabón antes de ponerlos en el tazón de "gérmenes".
- Haga que los niños observen cómo los "gérmenes" se alejan del jabón.

