

Wash Your Hands (Kinder)

Materials and Ingredients

- ✓ Wash Your Hands! by Tony Ross
- ✓ seasonal fruits and/or veggies
- ✓ paper plates and spoons, if needed
- ✓ teacher knife, cutting board, bowl

Handwashing Activity

- ✓ hand soap and paper towels
- ✓ activity sheet (attached)
- ✓ plates, water, soap, and black pepper (1 per student) (5 groups)

Food Preparation

- ✓ Wash and cut up fruits and/or veggies

Introduction

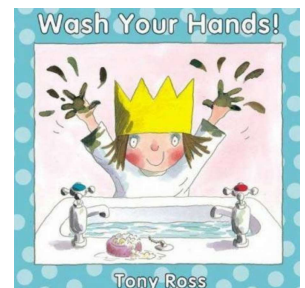
- ✓ Start off with a short brain boost (see next page).
- ✓ Discuss why and when we should wash our hands.
- ✓ Read the book Wash Your Hands!
- ✓ Wash your hands regularly!
To keep from getting sick, washing your hands will do the trick!

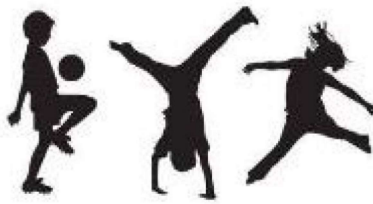
Process

- ✓ Divide students into 5 groups. Each group does soap/pepper experiment (see next pages)
- ✓ Demonstrate the action of washing your hands. Include all steps.
Use the “Wash Your Hands” song (see next page).
- ✓ Have students go through the actions, singing the song.
- ✓ Students wash their hands using soap and warm water.
- ✓ Serve the fruit water and seasonal fruit/or veggies.
- ✓ Eating fruits and vegetables, also helps us from getting sick! Delicious!
- ✓ 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!

Move Your Body! Let's get our hearts pumping!

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)

Song to Sing to Help us Wash our Hands

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

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

Watch Soap in Action! Water/Pepper/Soap Activity

Watch video to see how it's done: <https://www.youtube.com/watch?v=TXZ1d70YZJ8>

Watch Soap in Action!

Soap, Water & Pepper Experiment



- Step 1: 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 2: 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 3: 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.

IMPORTANT: For best results have only 1 student or teacher dip their soapy finger in the black pepper and water.

Soap, Water and Black Pepper Experiment



1. Pour water onto plate



2. Sprinkle black pepper (the "germs") onto water



3. Dip finger into water to show "germs" sticking to your finger



4. Place soap on finger



5. Dip finger into water and watch the "germs" run away



6. Discuss how soap battles germs

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

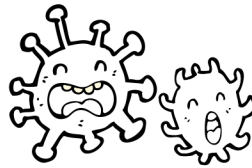
Handwashing

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.



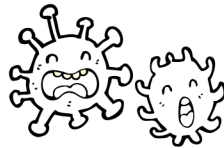
Lavar las manos

Carta familiar K-5

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.

