

Hand washing Lesson K-2

Main Idea	Activity/Discussion	Key Concept
Intro to germs	Everyone hold up your hands. Sometimes our hands get dirty. Can I always tell by looking at your hands if they are dirty? Sometimes, our hands are dirty but we can't see it. What is on our hands? Germs! And what happens to every little thing we touch if we have germs on our hands? That thing gets germs on it too, and can get on other people who touch it. Germs can spread in the air, by touching, or from surfaces. (Demonstrate/role play how germs spread)	Germs are tiny living things that we can't see. They spread by contact into our nose, mouth, and eyes.
How do we get germs?	<p>Who has ever been sick with the cold or the flu? That is because someone else's germs get into your body.</p> <p>Stand up (or raise hand) if today you have:</p> <ul style="list-style-type: none"> • Touched \$ • Eaten or cooked food • Touched your shoes • Coughed or sneezed • Gone to the bathroom <p>That means all of you have the possibility of getting germs, some of which could make you sick!</p>	Germs are everywhere! We can pick up germs in lots of places and any of these germs have the potential to make us sick
We can stop germs from spreading	Germs are everywhere, we can't escape them. So what can we do to stop germs from spreading from our hands to other objects or people? Wash them! And what 2 ingredients do we need to wash our hands? Soap and water	Washing our hands is the best way to stop germs from spreading
When should we wash our hands?	Before meals, after going to the bathroom, after playing outside or with toys or pets, if our hands look dirty, after coughing or sneezing	We should wash our hands many times a day especially after specific activities
How do we wash our hands?	<p>How to wash: Demonstrate in the air. Have class follow along.</p> <ol style="list-style-type: none"> 1. Wet hands with warm water. 2. Use soap. It's best to use liquid soap. 3. Lather for at least 20 seconds – sing the alphabet song. 4. Remember to rub palms together, scrub the back of hands, between the fingers and under the fingernails. 5. Rinse well with water to remove all soap. 6. Dry hands well using a paper towel. 7. Turn off the sink with paper towel – not with your bare hands. There are germs on the sink too! 	Washing our hands well can stop germs from spreading and help us stay healthy
Review	<p>Sneeze into my hand. What should I do?</p> <p>Review hand washing steps.</p> <p>What's another way I can sneeze so I don't get germs on my hand? Into my elbow. Put mouth and nose into elbow. Germs stay there, dry, and die. Practice.</p> <p>So why is it important to wash our hands well to kill germs? So we don't get sick. It's also important to stay home if you're too sick.</p>	Proper sneezing/coughing can keep us healthy too.