

## Hand Washing Grades 3-5

Objective	Activity/Discussion	Main Ideas
<b>Overview of germs</b> <b>2 minutes</b>	Sometimes, our hands are dirty but we can't see it. What is on our hands? Germs. Germs are tiny living things that we can't see. How can these affect our bodies? When germs enter our bodies through our mouth, nose, eyes, or other openings, we can get illnesses like the flu, the cold, etc. How long do you think germs can live on surfaces like our hands? 20 min to 2 hours +	A cold is not the worst thing that can happen to us if we don't wash our hands. Exposure to germs boosts your immunity...but germs can also make you very ill!
<b>Spread of germs</b> <b>6 minutes</b>	How do germs spread? Have 2 volunteers role-play the 3 ways germs can spread (direct contact, through the air, surface to surface). 100 years ago it was common to die from the flu, along with smallpox, polio, whooping cough, and measles. How come it's not common to die from these diseases today? Immunizations and better hygiene (washing hands)	Germs spread easily.
<b>Good hygiene</b> <b>Demonstrate spread of germs</b> <b>2 minutes</b>	How do the germs get into our bodies? Germs enter through our mouth, nose or eyes. Where do my germs end up? – scenario: I'm coming down with a cold. I rub my nose with my hand. I then pull out my chair and sit down at my desk. On the way to lunch I hold the railing. In the lunchroom I eat my food and share my fruit with a friend. Where have my germs ended up? Who is at risk of getting my sick germs? What could I have done so my germs did not spread in that story? <b>Studies show about 1/3 of people don't wash their hands after using the bathroom. Imagine all the germs that spread from their hands.</b>	Improvements in good hygiene Germs are still powerful and can cause disease if we don't remember to wash our hands.
<b>How to get rid of germs</b> <b>2 minutes</b>	So how do we get rid of germs? Washing our hands. The mechanical action of hand washing – rubbing your hands together with soap and water – breaks down the tiny bits of grease, fat and dirt on your hands that bad germs cling to.	Soap doesn't actually kill the bad germs. Instead it's the combination of soap, rubbing, rinsing, and drying that help these germs slide off hands. Hand sanitizer actually kills the germs.
<b>When to wash</b> <b>5 minutes</b>	When should we wash our hands? Where do you think germs are located on our hands? Where do we often miss when we wash? Between fingers, around finger nails, palms, backs, fingers (show picture)	Wash hands before meals, after going to the bathroom, after playing outside or with toys or pets, before and after handling food (especially raw meat and eggs) if our hands look dirty, after coughing or sneezing – doing it into your elbow lets the germs dry and die.
<b>Hand washing Technique</b> <b>3 minutes</b>	<ol style="list-style-type: none"> <li>1. Wet hands with warm water.</li> <li>2. Use soap. It's best to use liquid soap.</li> <li>3. Lather for at least 20 seconds – sing the alphabet song.</li> <li>4. Remember to rub palms together, scrub the back of hands, between the fingers and under the fingernails.</li> <li>5. Rinse well with water to remove all soap.</li> <li>6. Dry hands well using a paper towel.</li> <li>7. Turn off the sink with paper towel – not with your bare hands. There are germs on the sink too!</li> </ol>	Proper hand washing technique Ask class to repeat the steps – reward with stickers

