

Washing Hands Lesson

Lesson: Washing Your Hands

Learning Objectives:

Students will learn the correct way to wash their hands and be able to demonstrate it on a daily basis.

Materials & Preparation:

- Washing Hands power point (included)
- Sequencing activity (multiple levels included) minimized to 10 steps
- Comprehension questions (included)
- Sink, soap, paper towels

Instruction:

- Show the power point for How to Wash Your Hands
- Go over why it's important to wash your hands and keep them clean

Full Class Activity:

- Go over steps for washing hands as a class
- Model washing hands
- Have students demonstrate washing their hands. Support as needed and go through explaining each step with each student.

Independent Working Time:

- Have students complete the sequence the steps for washing hands. Encourage them to remember what they just did!
- Comprehension questions

Wrap up/Closing:

- Why is it important to wash our hands?
- When do we wash our hands?
- Who can remember the steps for washing hands?

Other Ideas for Activities:

- Tell students you need help remembering steps for washing hands. Have them walk you through washing your hands. You do exactly what they say (even if it's wrong), then teach what's right!
- Put glitter, flour, shaving cream etc. to make student's hands dirty. Have them practice and demonstrate how well you should scrub your hands.
- For our younger learners, teach them a song to sing while washing hands to make sure they scrub their hands long enough.
- Explain how far germs can spread when people sneeze, (researchers say 19-26 feet!!!!), and how many germs can accumulate on our hands and everywhere. Stress that washing hands can even help you not get sick!

Name _____ Date _____

Draw a line to sequence the steps for washing your hands.

- | | |
|---------|--------------------------|
| Step 1 | put soap in your hands |
| Step 2 | put paper towel in trash |
| Step 3 | lather soap into hands |
| Step 4 | wash soap off hands |
| Step 5 | dry your hands |
| Step 6 | turn off the water |
| Step 7 | turn on the water |
| Step 8 | use air dryer |
| Step 9 | wet your hands |
| Step 10 | get paper towel |

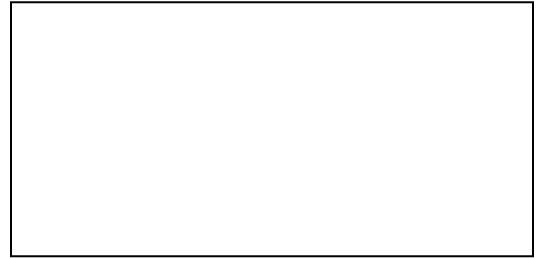
Name _____ Date _____

Cut out the pictures or words and glue steps in order for washing your hands.

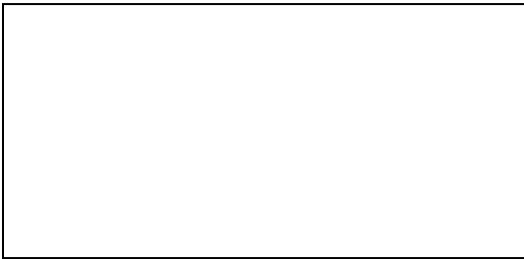
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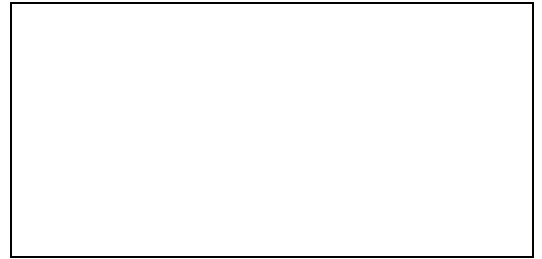
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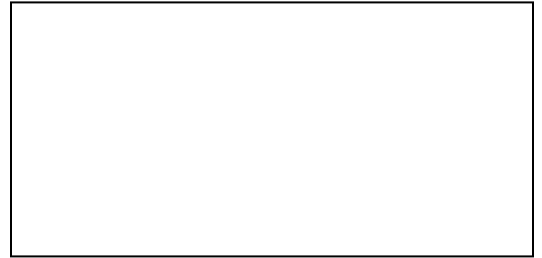
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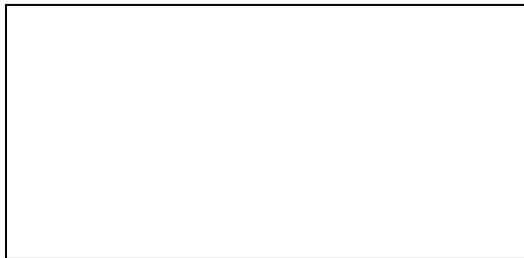
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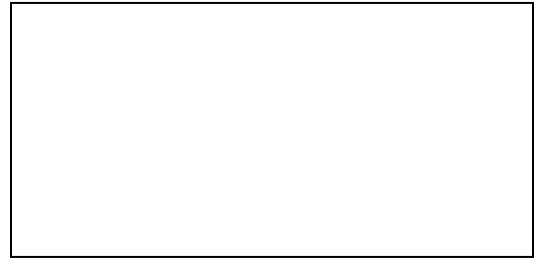
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9



10





Turn off the
water

Turn on the
water

Wet your
hands

Get paper
towel

Put paper
towel in trash

Put soap in
your hands

Lather soap
into hands

Wash soap
off hands

Dry your
hands

Use air
dryer

Name _____ Date _____

Answer the questions about washing your hands.

1. Why is it important to wash your hands?
 - a. It kills many germs that you can't see
 - b. Because people tell you to
 - c. So they smell nice

2. When washing your hands, always use...
 - a. Pizza sauce
 - b. Only water
 - c. Soap and water

3. After you wash your hands, where does the paper towel go?
 - a. On the floor
 - b. In the trash can
 - c. In the toilet

4. We should wash your hands...
 - a. After using the bathroom
 - b. After sneezing
 - c. Before eating food
 - d. All of the above

5. Washing your hands helps you to...
 - a. Not get sick
 - b. It doesn't
 - c. Order pizza

6. How long do you think it should take you to wash your hands?
 - a. 1 minute
 - b. 5 seconds
 - c. 10 minutes