



Teacher Lesson Plan

Level: Pre-K - Grade 2

How to Use this Plan

The following lesson plan was created with input from pre-k through Grade 2 teachers. It's a guide for a handwashing activity that should take between 10-30 minutes to complete, depending on the number of students in your class and if you do the black light activity. However, if you are unable to commit 30 minutes, please consider tailoring it to your needs. Enjoy getting to know Gunky Gus, Zoey and Jake! Thank you for committing to hand hygiene education!

Overview

The Center for Disease Control stated the 2017-18 flu season was the worst since 2009. Keeping children healthy and in school is more critical than ever, and proper handwashing is an important component.

Through engaging activities, students will learn about proper handwashing techniques, as well as understand the key moments when they should wash their hands. In addition to the initial instruction sessions, materials can be posted your classrooms to further promote healthy handwashing habits.

Objective

The goal of this program is to help establish and reinforce healthy handwashing habits, which will help to decrease the spread of germs throughout schools and the students' homes.

Students will:

- Learn the proper handwashing technique
- Find out when they should wash their hands
- Practice washing their hands correctly

Materials

- Our free handwashing works downloadable materials– this lesson plan will provide cues to remind you when to use the materials.
- (optional) Black Light Lotion – available for order through handwashingworks.com
- (optional) Black Light Flashlight – available for order through handwashingworks.com
- Access to a Sink, Soap and paper towels





Directions

Step 1: Handwashing Education: ~ 10-15 MIN

- **Introduce the program**
 - Today we are taking a break from regular school to go to Handwashing School and learn how to wash your hands the right way! The school is called Handwashing Works!
- **Introduce characters: (SHOW Poster: Zoey and Jake at Sink)**
 - Girl: Zoey- She is really, really, good at keeping her hands clean!
 - Boy: Jake-He is just learning about handwashing!
 - You will see them today as we learn about handwashing!
- **We use our hands for LOTS of things: Can you tell me?** (eat, play outside, pick up a toy, draw)
- **It is very important to have clean hands.** Things like germs sometimes get on our hands!
- **WHAT IS A GERM?** It is a tiny little living thing that you can't see. We might have them on our hands right now!
- **We don't like germs - they can make us sick!**
 - Things like the flu, a cold, or the chicken pox. Or bacteria – like an infection.
 - No one wants to be sick! Why? (answer - catch a cold, don't feel well, can't play with friends, or we miss school, make others sick, too)
- **THIS IS GUNKY GUS!** He is a germ! YUCK! {SHOW Printout of Gunky Gus}
 - We don't want Gus on our hands! If he hangs around too long, he could make us sick. Germs can multiply and grow. That means Gus has friends. We need to stop them.
- **How do germs spread?** – if you sneeze, cuts on hand, on animals (like a fly), in the air!
- **What would happen if I had germs on my hands, like Gus, and then I put it in my mouth?**
I could get sick!
- **Do not put your hands in your mouth.** Because then the germ can get inside of you, and you might get sick! (example of a cut)
- **Washing hands and in the right ways helps fight bad germs!** Or say bye-bye to Gus!
- **Germs live in many places**
 - on the street; on your shoe
 - on a toilet; trashcan
- **When should we wash our hands? (SHOW "Handwashing Moments" Poster)**
 - There are many times when we need to wash hands. (share examples)
What do you see? Can you find Gus?
- **Here are the times you should ALWAYS wash your hands:**
 - After going to the bathroom
 - before and after eating
 - after playing outside
 - after touching a farm animal, etc.



HANDWASHING WORKS

- **Now we are going to learn how to wash your hands. This is the most important part of the class today. There are five steps:**

1. Turn on the water and wet your hands with warm water
2. Put soap onto your hands
3. Rub it into your hands for 20 seconds. Make sure to rub it in front, back, in between fingers, around wrists, fingernails. That's singing **Happy Birthday** two times.

{Or teach your class our fun Handwashing Works! Jingle – available for free download on our website}

4. Let's pretend to wash our hands and sing together.

This next step is when we wash away Gunky Gus!

5. Rinse with warm water, washing away all soap. Say bye-bye Gus!
6. Dry your hands with a paper towel. Why? It helps to remove all the germs!

{Repeat the steps to reinforce}

Step 2: Black Light Challenge (optional): ~ 15 MIN

Talking points to explain activity to students:

- You are going to practice washing hands with some *pretend* dirt and germs.
- We will wash away Gunky Gus!
- **(DEMONSTRATE to the class how the black light activity will work on yourself.)**
- I'll put some lotion on your hands that will show up when you put your hands under a special flashlight. The lotion is like *pretend* dirt and germs that could be on our hands.
- Then we want you to wash your hands using the five steps you just learned.
- Then come back and put your hands under the light and show me how you removed all the "dirt."

Black light activity

Each group of 5 children participates in the black light activity.

IMPORTANT NOTE:

Although it's not required, for best results when viewing "germs" with the black light, we recommend turning off or dimming classroom lights.

- The instructor will place a *pea-size drop* of the special UV lotion onto each child's hands, front and back. We'll call it "dirt" and "germs." IMPORTANT: only a small amount of lotion is needed.
- Students will be asked to *gently pat* it on to cover their hands *until it's not visible*. Please **do not have them rub it in like regular hand lotion**—gently patting it on provides a better contrast to see the "germs."
- Then, shine the black light on their hands to see the "dirt/germs" that the light exposes.
- Next, students will go to the sink in the classroom to apply the five handwashing steps they just learned: wash their hands with water, soap and a hand towel to clean off "dirt."
- They will then each come back to the instructor, who will hold the black light over their hands to see if they washed off all the lotion. If they missed any, they will see they need to spend more time washing their hands. That means germs could still be on your hands!





Step 3: Coloring Pages (optional):

Students can go back to their desks after they have completed the activity and color “handwashing moments” steps. Don’t forget to find Gus throughout the coloring pages!

Step 4: Review/Hand out certificates: ~ 5 MIN

Talking points:

- Boys and Girls, you did a really great job today with Handwashing School!
- For doing such a great job, everyone gets a certificate!
- Remember, it’s important to wash your hands with the five steps we learned today. Look for your friends Zoey and Jake on the posters if you are unsure what to do or ask your teachers for help!

{Hand out certificates}

Step 5: Send Parent Materials Home

Let the parents know what you did and how to reinforce the handwashing steps by sending children home with a parent postcard (available for download).

Step 6: Reinforcement

To help the children learn the proper handwashing techniques, we encourage you to reinforce the correct handwashing steps and remind them to wash their hands through verbal direction and by **hanging our free downloadable Handwashing Works materials up in your classroom.**

Evaluation

Teacher’s observations of student participation in activities and students following handwashing steps properly.

For more information please visit www.handwashingworks.com

