



# SENSE OF SAFETY & Beyond! Lesson Plan

Topic to teach: Wash Your Hands grades: K-2

Length of lesson: 30 min

**Goal:** Teach students when and how to wash their hands to stay healthy.

## Objectives:

- Name the different times that you need to wash your hands
- Understand why it is important to wash your hands to eliminate germs
- Learn the 5 steps to properly wash hands

## Vocabulary:

*Discuss these terms prior to the lesson:*

germs                      wash  
scrub                      rinse

## Materials:

1. "I Can" statement printed and cut out
2. Sense of Safety & Beyond! Activity book - Pages 16 and 17
3. Crayons and pencils
4. (Optional) Projection of lesson

## "I Can" statement:

*Display and read the "I Can" statements before and after lesson delivery.*

I can wash my hands!

## Attention Grabber

Tell the students to listen very carefully to the story about Rocket. You will be asking what SENSES he used in the story.

*Right before lunch, Rocket's class stopped at the restrooms. Rocket asked if he could go in to wash his hands. His teacher said yes and he waited in line. "Rocket, why are you washing your hands if you don't need to use the restroom?" asked Sophia. "You should ALWAYS wash your hands before eating! You don't want any germs in your mouth!" said Rocket. "I don't see any germs," said Sophia. "Well...germs are too tiny to see, so it's best to wash your hands correctly after you play or use the restroom, and especially before you eat!" "How do you wash your hands the correct way?" asked Sophia. Rocket pretended to wash his hands to show Sophia: "First, wet your hands. Next, soap your hands until you feel that it's slippery all over! Then, scrub them for 20 seconds... or how long it takes to sing 'Happy Birthday' twice! Then, rinse them all over until you feel no more soap, and dry them!" "Thank you Rocket! I'm going to wash my hands right now!" exclaimed Sophia.*

Ask the students to put their thumbs up if Rocket uses the sense to wash his hands correctly.

*Did Rocket use smell? (Thumbs down) Did Rocket use hearing? (Thumbs down)*

*Did Rocket use touch? (Thumbs up) Did Rocket use sight? (Thumbs down)*

*Did Rocket use taste? (Thumbs down) Did Rocket use his 6th sense? (Thumbs down)*



# SENSE OF SAFETY & Beyond! Lesson Plan

Lesson: Activity Book, Pages 6-17

## Lesson

You should wash your hands after using the bathroom or when you touch something you know is dirty, after you sneeze or cough, after petting an animal, playing outside, or playing with your toys, and definitely before and after you eat! We don't want to get germs in our mouth or on our face. In fact, remember not to touch your eyes, mouth, and nose when your hands are dirty so GERMS don't spread...especially if you are feeling sick. Washing your hands protect you from germs and protects the people around you!

Here's how to wash your hands to get rid of GERMS: wash them with soap and water for 20 seconds.

When I wash my hands, I sing happy birthday twice! It's a great trick to make sure you are washing your hands for long enough to get those GERMS outta there. Wash inside, outside, and in between. Squeaky clean! Follow me as we do each step together: (pantomime each step with kids)

1 Wet your hands. 2. Soap your hands. 3. Scrub your hands. 4. Rinse Your hands. 5. Dry your hands

Great. Now let's put it all together. We're going to do each of the 5 steps again. Watch me. But I'm going to sing the "Happy Birthday Song" so we get to know how long 20 seconds is....You can sing with me. Ready?

On Page 16 in the activity book, discuss with children all the different times that you should wash your hands. Then color the page. On Page 17, you will see the 5 steps (in order) of how to wash your hands. Look at each picture in the middle of the page and guide students through numbering the correct step for each picture.

2nd grade: In small groups, explain and write 5 sentences on how seeing the 5 steps of hand washing as images may help the public, both adults and students, wash hands correctly and help stop the spread of germs and disease.

## Extended Thinking

- When should you wash your hands? (after using the bathroom or when you touch something you know is dirty, after you sneeze or cough, after petting an animal, playing, and before and after you eat!)
- Can you see Germs? (No. They are very tiny)
- How long should you wash your hands? (20 seconds)
- What song can you sing while you wash your hands? (happy birthday)
- What are the 5 steps when you wash your hands ? (Wet your hands; Soap your hands; Scrub your hands; Rinse Your hands and Dry your hands)

## Standards

1.2.3 Describe ways to prevent communicable diseases.

CCSS.ELA-LITERACY.RI.K.2 With prompting and support, identify the main topic and retell key details of a text.

CCSS.ELA-LITERACY.RI.1.7 Use the illustrations and details in a text to describe its key ideas.

CCSS.ELA-LITERACY.RI.2.7 Explain how specific images (e.g., a diagram showing how a machine works) contribute to and clarify a text.



I can wash my  
hands!

## VOCABULARY

Germs

Wash

Scrub

Rinse

# Congratulations!

\_\_\_\_\_

For Completing the lesson  
**Wash Your Hands**

You're a Rocket Rules  
Safety Super Star!

Instructor signature \_\_\_\_\_

Signature Rocket  \_\_\_\_\_ Date \_\_\_\_\_

