

FIVE STEPS TO CLEAN HANDS

KEY SENSE: Touch. (Review all 6 senses with your class).

GOAL: Students will understand and demonstrate when and how to properly wash hands to stay healthy.

OBJECTIVES:

Students will

- understand the different times that they need to wash their hands.
- explain why it is important to wash hands to eliminate germs.
- demonstrate the proper way to wash hands.
- recall the five steps of properly washing hands.

MATERIALS NEEDED:

- ***Sense of Safety & Beyond! Activity Book - Pages 16 and 17.*** Available online to print for each student: TOOL KIT: <https://rocketrules.org/sense-of-safety-and-beyond-materials/>
- Crayons and pencils. Review 6 senses.
- Overhead projection of activity (optional)
- Write these words on the board: 5 STEPS TO CLEAN YOUR HANDS

SUGGESTED SCRIPT:

If you are outside eating your apple and you dropped it in the mud, would you pick it up and eat it? Of course not. Why? Because there are GERMS on the ground that are now on your apple and your hands.

Let's talk about GERMS! GERMS are tiny little organisms that are everywhere around us. We can't see them without a microscope because they are so tiny. We all know about COVID 19. That's a tiny virus made up of GERMS.

But even though GERMS are tiny, they can be powerful! And if they get into our bodies, some GERMS can even make us sick. Washing hands is an important step to keep germs away that can make you sick. This also includes COVID 19 virus.



Today we are going to talk about something really important that you can do to protect yourself and others from germs and the COVID 19 virus that can make you sick.

Washing your hands!

Washing your hands gets rid of GERMS that can make you sick. And there are lots of different times to wash your hands.

You should wash your hands after using the bathroom, when you touch something you know is dirty, after you sneeze or cough, after petting an animal, playing outside, 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.

Not only does washing your hands protect you from germs, but it 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 your fingers. Squeaky clean!

Here are 5 steps on how to wash your hands the right way: 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?

You did a great job! 5 steps and your hands are squeaky clean!

ACTIVITY:

- **Using page 16**, discuss with students all the different times that you should wash your hands. Then have students color the page.
- **Page 17** shows the 5 steps (in order) of how to wash your hands. Have students look at each picture and number the correct step for each picture.

ASSESSMENT/REFLECTION QUESTIONS:

- When should you wash your hands?
- 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?
- What are the 5 steps when you wash your hands?

REMEMBER: Please fill out the quick survey (1-2 min) following this presentation. Go to Tool Kit page: <https://rocketrules.org/sense-of-safety-and-beyond-materials/>

5 STEPS TO CLEAN HANDS

Wash those germs away!

1. WET



2. SOAP



3. SCRUB



4. RINSE



5. DRY



Number the correct step for each picture.













Sing Happy Birthday two times for squeaky clean hands.

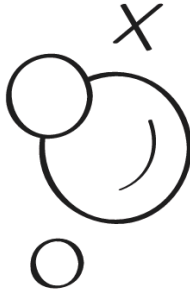
Wash for 20 seconds.



DO YOU KNOW WHEN TO WASH YOUR HANDS?



After using the bathroom



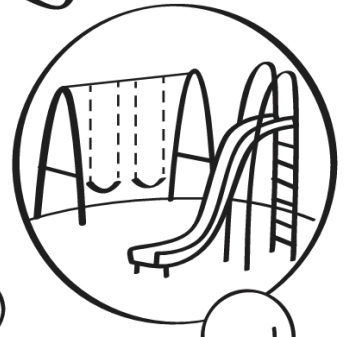
After you sneeze or cough



After playing with toys



After playing outside



After playing with a pet



Before you eat



... color both pages.



Congratulations!

For Completing the lesson
Wash Your Hands

You're a Rocket Rules
Safety Super Star!

Instructor signature _____

Signature Rocket  _____ Date _____

