

WASH YOUR HANDS OFFICER SCRIPT— 8/23



ACTIVITY BOOK: Wash Your Hands

Hi Kids...

Today we're going to talk about

Before we start a new lesson, let's review our 6 senses and how our senses keep us safe every day.

Can everyone follow me?

SIGHT - Everyone blink your eyes 3x – your eyes watch for things around you to keep you safe

HEARING - Point to your ears – your ears hear sirens and cars coming too!

SMELL - Point to your nose -- your nose smells things like a hot pizza or maybe even a burning fire!

POINT TO YOUR MOUTH - Your sense of taste lets you know how good ice cream tastes..but also if something is not safe, or poisonous **AND Your VOICE** lets you shout for help when you need it!

WIGGLE YOUR FINGERS - That's your sense of touch! your fingers will let you know if things are too hot, or dangerous to touch.

AND THE 6TH SENSE -- is that feeling in our tummy that something might feel unsafe...if this happens to you immediately tell an adult you trust like a teacher, parent or guardian...

That's great! That's our 6 senses review.

Now, let's talk about "WASHING YOUR HANDS"...

Today we are going to talk about two very important things you can do to protect yourself and others from germs that can make you sick.

I know you probably do a bunch of things to stay healthy already. Like eating fruits and vegetables, drinking lots of water, exercising, and going to the doctor when you need to!

Two other things to keep yourself healthy are washing your hands... and covering your mouth and nose when you cough or sneeze.

But first, 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.

But even though they're tiny, they can be powerful! And if they get into our bodies, some germs can even make us sick.

But you can protect yourself from bad germs if you wash your hands often and if you cover your mouth and nose when you cough or sneeze.

You've probably been told to do both of these things before, but let's talk about WHY we do them and HOW to do them the right way.

Let's start with number one. Wash your hands. Why do we do it?

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

You should wash your hands after using the bathroom or when you touch something you know is dirty, after touching doorknobs,

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.

Not only does washing your hands protect you from germs, but it protects the people around you

You can protect yourself and others by not touching other people when we are sick, or, when they are sick.

Keep your hands to yourself on the playground and in the classroom.

And remember to keep a safe distance from others when you are sick or your friends are sick....about 6 feet.

And if you are feeling sick, it is important to tell a parent, stay home, and go see a doctor if you need to.

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

Here are the 5 steps to getting your hands clean.

First wet your hands with water, put soap on your hands, then scrub them, then rinse them and get all the soap off, then dry them with a towel.

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 out of there. Wash inside, outside, and in between. Squeaky clean!

The second thing you can do to stop the spread of germs, is cover your mouth and nose when you cough or sneeze.

Why do we do that? Well, because it helps keep germs away from other people. This is an important step to make sure the people you love stay healthy, like your parents or grandparents!

Any time you cough or sneeze, you should cover your mouth and nose with a tissue, or the inside of your elbow.

Make sure you throw away any tissues you use in the trash

Be careful to never cough or sneeze into your hands! You don't want the germs to live there.

But, if you *do* cough or sneeze into your hands, don't worry, wash your hands immediately,

Remember, together we can help keep ourselves and the people we love stay healthy and safe.

***Now let's take the ROCKET PROMISE to be SAFE
Raise your hand and Repeat after me:***

***I promise (I promise)
To always use my 6 senses (to always use my 6 senses)
To stay safe (to stay safe)***

....and don't forget! When you complete this lesson with your teacher, you will receive a special certificate for each of you.

Thanks kids for letting me visit you in class today....It was great seeing everyone again.

I'll see you soon!

REMEMBER TO USE YOUR 6 SENSES TO KEEP YOU SAFE!

Bye everybody! I'll see you soon.

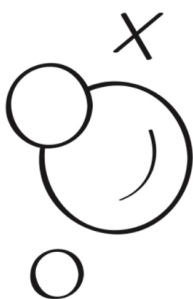
QUESTIONS FOR KIDS:

- 1. When should you wash your hands?**
- 2. Can you see germs?**
- 3. How long should you wash your hands?**
- 4. What song should you sing when you wash your hands?**
- 5. What are the 5 steps when you wash your hands (wet, soak, scrub, rinse and dry)**

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



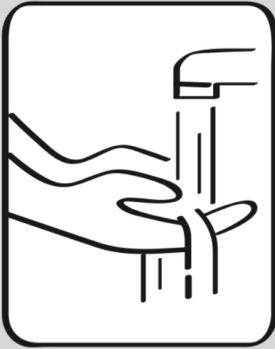
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5 STEPS TO CLEAN HANDS

Wash those germs away!

1. WET



2. SOAP



3. SCRUB



4. RINSE



5. DRY



Number the correct step for each picture.













Sing the Alphabet Song two times for squeaky clean hands.
Wash for 20 seconds.



Congratulations!

For Completing the lesson

Wash Your Hands

You're a Rocket Rules
Safety Super Star!



Instructor signature _____

Signature Rocket  _____ Date _____