



I pledge to wash my hands



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## Hand Washing Lesson Plan Kindergarten

**Objective 1000.06:** Understand the importance of hygiene to health.

**Objective 1000.07:** Explain the importance of being in charge of their own bodies.

### General Information

- Learn all story's facts.
- Participate so much that you can act on them.
- Give out notes you took.
- You can get out of prison by washing your hands.

### How to Wash Your Hands

- 1. Use warm, running water.
- 2. Use liquid or pump soap whenever possible.
- 3. Rub hands together for at least 20 seconds.
- 4. Wash underneath the fingertips.
- 5. Rinse and then dry.

### When to Wash Your Hands

- After using the toilet.
- Before eating or drinking food.
- After playing with animals.

### Testing Time

Get a spray bottle filled with clear water. Spray water on children's hands. Explain that the water is their hands squishing against that come out of their mouths when they cough and sneeze. Then have the children scrub as deep as they can with their fingers. Ask them who happened to the other day (what did it look like?). Explain that this is what happens when we sneeze into our hands and then touch an object like a game or our hands get to the object. Explain what might happen if one of their friends touches the object while it is dirty they might pick up the germs and get sick. Explain that if you wash your hands after sneezing or coughing so that the germs will be taken away and there will be less of a chance for people to get sick.

### Handwashing Information

- Hand washing always needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Place by example.
- The teacher should demonstrate with his/her hands on the bottom of the page, pledging to wash their hands. You may want to give out an all of the activity sheets in the classroom so that you are a reminder of the pledge.
- Have tape the activity on the reverse side of this sheet for the children to complete.

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