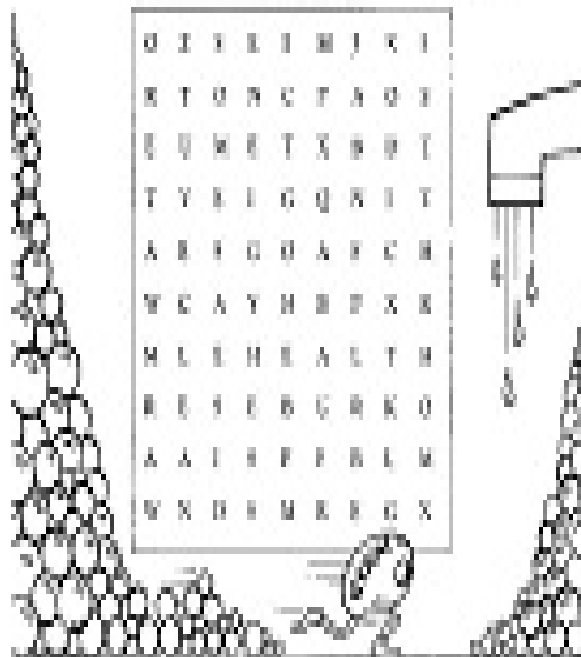


Hand Washing Word Search

Find and circle the right words in the puzzle below.

GERMS DISEASE SOAP
WASH HANDS WARM WATER
HYGIENE CLEAN HEALTH



Name _____
I pledge to wash my hands

FOUNDED
1914
1000 North 10th Street
Tulsa, Oklahoma 74104
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Hand Washing Lesson Plan Grade 1

Objective: Students describe how dirty hands germs make a difference in their appearance, health, and feelings of well-being.

Warm-up: Wash Your Hands

- 1. Start using the toilet.
- 2. Before preparing, handling or eating food.
- 3. After playing with animals.
- 4. After touching money.
- 5. After coughing, sneezing or blowing your nose.

How to Wash Your Hands

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together vigorously for 15 to 20 seconds.
- Scrub underneath the fingernails.
- Rinse thoroughly and dry with paper towel or hand towel.

Importance of Hand Washing

- Germs get on your hands that you can see or feel and they can be found almost everywhere.
- Washing your hands can help to get rid of germs. Germs can make you sick.
- There are many types of germs including viruses.
- Bacteria and viruses cause illness and disease.
- Some illnesses and diseases that are caused by bacteria and viruses are very serious.
- Some examples of illnesses and diseases caused by bacteria and viruses are: cold, flu, pneumonia, hepatitis, and Staphylococcus.
- Washing your hands is the best way to prevent these illnesses and diseases.

Additional Information

- Hand washing always needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Songs to remember:
 - The actions plus song includes a video for the song on the bottom of the page, plus links to teach about hands. You may want to print out or all of the activities listed in the document to serve as a reminder at the grade.
- Please copy the activity on the reverse side of this sheet for the children to complete. Activities for this activity are provided below.

Sign-up for Activities

I would like to receive more information.
 I would like to receive more information.
 I would like to receive more information.
 I would like to receive more information.
 I would like to receive more information.
 I would like to receive more information.
 I would like to receive more information.
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 I would like to receive more information.

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