



I pledge to wash my hands

WASH YOUR HANDS
 At the 100th Anniversary of the
 National Sanitation Campaign
 Celebrated by
 www.nscpi.org
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Hand Washing Lesson Plan Activities

Objective 1001.01: Understand the importance of hygiene to health.
Objective 1001.02: Explain the importance of being in charge of their own bodies.

General Information

- Carries on story's line.
- Emphasizes to child that you can not see them.
- Carries on story's line.
- You can get rid of germs 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 fingernails.
5. Rinse and then dry.

When to Wash Your Hands

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

Teaching Idea

Use a spray bottle filled with clear water. Spray water on children's hands. Explain that the water is their hands squishing germs that come out of their mouths when they cough and sneeze. Show how the children scrub as if you're scrubbing their face. Ask them who happens to the other day (what's it's name/drop). Explain that this is what happens when we sneeze into our hands and then touch an object like germs on our hands get to the object. Discuss what might happen if one of their friends touches the object while it is clean 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 message needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Place to sample.
- The picture on each worksheet will fit in between the bottom of the page, pledging to wash their hands. You may want to give one or all of the activities described in the classroom to use as a reminder of the pledge.
- There are the activities on the reverse side of this sheet for the children to complete.

Handwashing Information

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