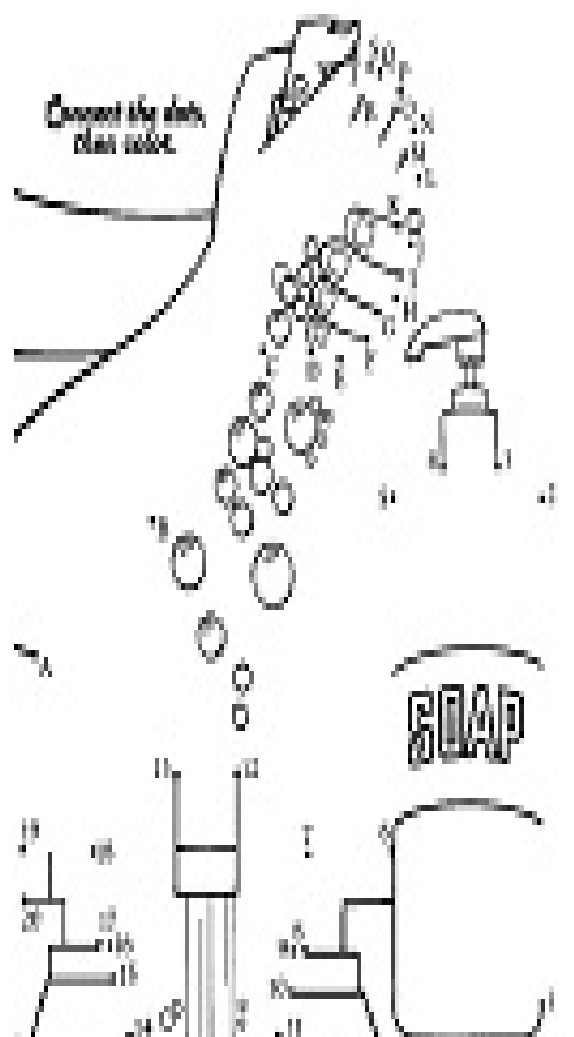




I pledge to wash my hands

WASH YOUR HANDS
 FOR THE BEST HAND-WASHING
 RESULTS, USE THE FOLLOWING
 STEPS: 1. WET YOUR HANDS
 2. APPLY SOAP
 3. RUB YOUR HANDS TOGETHER
 4. RINSE YOUR HANDS
 5. DRY YOUR HANDS

Hand Washing Lesson Plan Grade 1

Lesson Objectives

- Students will understand the importance of hand washing.
- Students will be able to demonstrate proper hand washing technique.
- Students will be able to sing the hand washing song.
- Students will be able to identify the steps of hand washing.

Materials Needed

- 1/2 gallon, running water.
- The liquid to pump soap whenever possible.
- Rub hands together for at least 20 seconds.
- Scrub underneath the fingernails.
- Rinse and then dry.

When to Wash Your Hands

- After using the toilet.
- Before going to sleeping bed.
- After playing with animals.

Teaching Idea

Use a spray bottle filled with blue water. Spray water on children's hands. Explain that the water in their hands represents germs that come from their mouths when they cough and sneeze. Have them demonstrate how to wash their hands (scrub, scrub, scrub). Ask them what happened to the water they washed it became dirty. Explain that this is what happens when we wash our hands and then touch our faces (the germs on our hands get on the objects). (Explain what might happen if one of their hands touches the object while it is soapy they might pick up the germs and get sick). Explain that if you wash your hands after sneezing or coughing it then the germs will be washed away and there will be less of a chance for people to get sick.

Additional Information

- Hand washing message needs to be reinforced several times throughout the day, especially before meals and after using the restroom.
- Teach by example.
- The activity materials needed to make before some modifications of the page (plastic) to wash their hands. You may want to put one or all of the activity items in the classroom as a reminder of the pledge.
- Please copy the activity on the reverse side of this sheet for the children to complete.

Revised 10/10/2009

WASH YOUR HANDS (Lesson Plan) • 10/10/2009 • 10/10/2009 • 10/10/2009 • 10/10/2009