

# Curriculum Ideas for Exploring Handwashing



**Good Health Is In Your Hands!**

**By Cathy Abraham**

*childcarediva@aol.com*

# Handwashing!



**Curriculum Goal** – To assist children in developing healthy habits, and to give them an appreciation for, and an understanding of, the benefits of handwashing.

## Vocabulary:

- Germs
- Anti-bacterial
- Bacteria
- Disinfect
- Clean
- Sanitary
- Unsanitary
- Illness
- Hygiene
- Healthy



## Concepts:

- Germs and sickness can be spread by people, especially when they do not wash their hands
- Handwashing helps cut down on germs and illness (getting sick)
- It is important to wash hands after using the bathroom, before eating, and after blowing your nose

## Sensory Table Ideas:

Add water to the sensory with bubbles.

*Ask someone from the local Health Department (or a nurse) to come in and speak with the children about handwashing, germs and their jobs!*

## Art Activities:

- Draw with a bar of soap on a dark piece of paper
- Bubble Art. Add a drop of food coloring to bubbles. Children then blow bubbles directly over their paper. As bubbles pop, they will create a design; **Or** Blow bubbles into a cup, using a straw. When bubbling over the top, lay a piece of paper on top of the cup. Bubbling will make a design on paper. Talk about making lots of bubbles when washing hands
- Trace and cut out hands. Cut out a rectangle shape to glue on as a bar of “soap”
- Have children create/draw a picture of a bad germ :/
- Make a handprint collage
- Children can draw a face on a paper plate. Children can trace and cut out one hand. Children can glue a tissue over the “nose”, held by the “hand” glued on
- Make bubble wands by bending craft/pipe cleaners
- “Dirty Hands” Children trace and cut out hands. Brush thinned glue over “hands”, then shake on sand (or cornmeal, etc); **Or** Sponge paint brown paint onto “hands”
- Fingerprint Art!
- Make prints with bubble wands. Dip wands into paint and press onto paper.
- Children can draw pictures of the handwashing steps. Post.
- Fingerpaint with mud! *Allow children to explore the sensory aspect*
- Put paint into an empty liquid soap dispenser. Children can push down the pump to put blobs of paint onto heavy paper. They can then use a brush to swirl it around.



**Community Time:** (“Circle Time”/“Group Time”)



**Monday:** Take dictation from the children on a large sheet of paper, writing their responses to the question: “What do we know about germs?” (Display finished chart)

**Tuesday:** Ask and discuss: “Why is it important to wash our hands?”

**Wednesday:** Ask/write responses: “When are times you should wash your hands?”

**Thursday:** Ask and discuss: “What kinds of things can bad germs do?”

**Friday:** Review - “What did we learn this week about germs and handwashing?”

*Follow with books, songs and fingerplays related to the curriculum theme, handwashing. Let the children know what their choices are for the morning, and what activities are new in the classroom for the day. Dismiss the group a few at a time in fun, creative ways that reinforce thematic concepts.*



**Math Activities:**

- Count to 20 while washing hands.
- “How Many Fingers Am I Holding Up?” game
- Estimate how many pumps of soap there are in a container of liquid soap
- Measure paper towel segments from a roll. How much do we need? *Discuss waste.*
- Adding on 2 hands (*If we have 3 clean fingers + 2 dirty fingers = \_\_\_\_* )

**Home/School Connection Ideas:**

- Include parents in the learning theme for the week. Let them know that the children are learning by sending a note home. Have all adults wash upon entry too!

**Science Area Enrichment:**

Bring in a real microscope, if you can, to magnify and look at germs. Also – bring in a black light (or black light bulb) to illustrate how some things are only visible under certain types of light; Look at fingerprints with a magnifying glass; Discuss the concept of friction, and how it relates to washing hands. Do a cleaning activity using friction.

**Science Concepts/Activities:**

**Germs!** Have your children take a piece of bread and wipe their hands on it. Take it into places that germs typically hide (bathrooms, sinks, diaper changing stations, etc) and also rub the bread there. Then put the bread in a baggie, and place it in the science area, where the children can watch the germs grow on the bread. Chart.

**Soap Floats!** Hypothesize, chart guesses, observe, discuss, research how and why

**Smell!** Smell your hand after playing outside! Smell after washing!

**Prop Box Ideas/Dramatic Play Enrichments:**

Add empty liquid soap bottles and hand towels for children to incorporate handwashing into their play. Make “bars of soap” by writing the word “soap” on rectangle blocks.



**Movement and Motor:**

- Have children do creative movement pretending to be bad germs... light, floating bubbles... that gooey, sticky stuff is on the floor... etc.
- “Germ Tag”. Have the person that is “it” be a bad germ. Whoever he catches and touches is “out” (tagged person has caught bad germs!)

### Playground/Walk Activities:

- After coming in from outside, have children smell and look at their hands before washing them. Look how dirty the water gets! Discuss how hands get dirty outside,

### Block Area

Have a block washing activity; Talk about rectangle blocks – like bars of soap

### Teacher Made Enrichment Ideas:

- Make Wave Bottles. Fill clear, plastic water bottles with water and bubbles. Secure tightly and permanently shut with Superglue or a hot gluegun.
- Make a copy of the rebus chart included of the handwashing steps. Laminate or cover with contact paper. Cut into sections. Have children put in the correct order of steps, using sequencing skills.
- Make a clean/dirty classifying activity (pics of items that are clean or dirty looking)

### Supplemental Learning Ideas/Activities:

- Children draw a face on a paper plate, and cut a small whole in the mouth area. Place a spray bottle filled with water into the hole, “sneeze” i.e. spray. This can show children how germs are spread and what happens when you sneeze.
- How germs are spread...Sit in a large circle and put glitter on your hands. Explain that we are pretending the glitter is germs. Then shake a child's hand and say "look, she got my germs." The child then shake's someone else's hand, etc. You then choose one child to go wash their hands, but do not dry with a paper towel yet, and come show the class (not all glitter should be gone yet). Then have them dry hands and show the class again, etc... Watch germs (glitter) spread. (**Or** fill/pop balloon)
- Coughing Illustration. “Cough”, put a glob of washable paint in the palm of your hand to show where the germs go - even when you cover my mouth when you cough. Then offer to hold someone's hand, (and of course they don't want to) Pick up a pair of scissors, a book, any number of (washable) things to show how the paint (germs) are spreading, even as you put the object down. Encourage children to cough/sneeze into their elbow or shoulders if they can't get to a tissue in time.
- Blow Bubbles! Have contests – biggest, the most in a row, highest, lasts longest...
- Compare the smells of several soaps. *Variation: Can match scents (if 2 of each)*
- Place rebus charts (pictures to go with the words) by the sinks. Children can then “read” the posters, and actually see what to do – and the steps of handwashing.
- Bring in “Black Light” to show some things can only be seen under different light
- Cut up the included pictures of “When to Wash” and play “What’s Missing?” by having children guess which one you have taken away; **Or** Sequence the steps
- Have children trace/cut out their hand. Ask children when they should wash hands. Write one of their answers on each “finger” of their hand cut-out.
- Play a game like “Hot Potato” with a bar of soap. (*Can also use as a transition – person who “gets” the soap can go wash hands for lunch or snack*)
- Let children “write” or draw with a bar of soap on glass (or on a mirror)
- Children can bend pipecleaners to make bubble wands
- Ask and list responses: “How are other ways we wash things?”
- Make up/act out a puppet show about handwashing; Or – Make a video on proper process
- Research and learn more about germs!
- Create a Venn Diagram, comparing/contrasting handwashing and tooth brushing – with commonalities overlapping in the center of the 2
- <http://www.carex.co.uk/sites/all/themes/carex/images/download-content/Helping-Hands-Game.pdf>



- It is rumored that Super Heroes catch their coughs in their elbows!!
- Research how soap has been made throughout history
- Decorate tissue boxes with pictures to remind others to use tissues when they sneeze
- Potato Germ Experiment. Preparation: Cut 2 wedges of raw potatoes for each child. After they come in from outside, (before washing hands) give each child a piece of potato to handle well. Place in a labeled baggie. Have children wash hands well. Give each child their 2<sup>nd</sup> potato piece to handle well. Label in 2<sup>nd</sup> baggie. Watch over a week. Encourage children to draw both potatoes. Discuss differences... and why.
- Make fingerprints. Look at fingerprints with children. Talk about all of the ridges and lines – and how easy it is for germs to hide there!
- With the children, wash the legos or other similar plastic toys in your water table. Have the children look at the water when you drain it out. Discuss how sometime things don't look dirty, but they still can be!
- Germ video - Sid the Science Guy (PBS)
- For older children, or children that show interest, teach the concept of left and right hands. (*Left hand makes the L sign when held up, fingers together*)
- Make soap! Craft stores have inexpensive soap making kits.
- Decorate hand soap dispensers.
- Germs Away! Sprinkle black pepper in a bowl of water (the pepper represents germs). The pepper will float on top. In the center of the bowl add a few drops of dishwashing soap and watch the soap "scare the germs away"! Discuss the importance of using soap when washing hands.
- Potato Experiment. Peel a raw potato and cut it in two. Pass one potato section from child to child. Have all children wash their hands. Then pass the second potato section from child to child. Place both potatoes in clear bags and label them "washed hands" and "unwashed hands". The unwashed hand potato will turn disgusting very quickly. Place the bags in a dark closet at room temperature. Leave them there for a week. After a week pull the bags out and look at the potato pieces-- don't take the potatoes out of the bags. What do you see on the pieces? Which potato has the most growth on it? When you are done looking at the potatoes seal the bags and throw them away.



**Make a video of the handwashing process!!**

**ASL symbol for "wash"**



**What is a GERM?**

- Tiny, living thing
- Too small to see with your eyes
- Germs are found everywhere
- Certain germs cause illness

## Supplies needed for activities/projects:

- Construction paper, paint and crayons
- Glue
- Playdough ingredients (flour, salt, oil)
- Large sheets of easel paper (dictation, graphing)
- Soap – bars and liquid
- Bubbles
- Paper plates
- Glitter
- Nail brush
- Black light



### Homemade Liquid Soap

Soap slivers (from small bars of soap, almost gone)

Water

Bleach

*Rinse soap ends. Soak soap ends in water for a few days. As they dissolve, shake or stir. Add a drop of bleach for sanitation.*

### Soap Bubbles

- 1 cup water
- 2 T. liquid detergent
- 1 T. glycerin
- ½ tsp. Sugar

*Mix all ingredients. Use bubble wands to blow bubbles.*

### **Bulletin Board Ideas:**

*"Your Health is in Your Hands"*

*"Wash Those Hands!"*

*"Healthy Habits!"*

*"A-choosing Good Hygiene"*

Put up pictures of children washing hands

*"Nothing to Sneeze At!"*

Make a display board illustrating what children learned/did on topic

*"Dirty Talk"*

*"Fight Bac (teria)"*

*"Hands on Learning!"*

*"Im a germ buster!"*

### Soap Balls

Shredded bars of soap or Ivory Soap Flakes,  
Water

*Mix small amount of water with soap. Shape and let dry.*



# Songs and Fingerplays about Handwashing

## Wash, Wash, Wash Your Hands

Wash, wash, wash your hands  
Wash them nice and clean  
Wash them on top,  
Wash them on bottom and fingers in between.  
Wash, wash, wash your hands  
Wash them nice and clean  
Wash them on top,  
Wash them on bottom and fingers in between.  
Washing Hands Song  
Tops and Bottoms, tops and bottoms,  
In between, in between,  
All around your hands, all around your hands,  
Makes them clean. Makes them clean  
All around, all around

## This Is The Way We Wash Our Hands

This is the way we wash our hands  
Wash our hands  
Wash our hands  
This is the way we wash our hands  
To keep our bodies healthy

## Wash Your Hands and Face

Wash your hands and face each day  
Wash them just this way (*demonstrate*)  
You will be clean  
You will look keen  
So wash them each day!



## Two Little Hands

2 little hands  
so clean and so bright!  
This is my left  
and this is my right!



## Hand Washing Time

*Tune: London Bridges*

Here we go to wash our hands  
Wash our hands, wash our hands  
Here we go to wash our hands  
Before we eat our snack.

## Wash Wash Wash Your Hands

*(Tune of Row Row Row Your Boat)*

Wash, wash, wash your hands.  
Wash them nice and clean.  
Wash them on top,  
wash them on bottom  
and fingers in between!

If you sing this  
song while you  
wash, it takes the  
necessary time to  
get hands clean.

## Tops and Bottoms

*Tune: Frere Jaque*

Tops and Bottoms, Tops and Bottoms, *(Rub top and bottom of hands)*  
In between, In between, *(Rub fingers inside on both hands)*  
All around your hands, All around your hands, *(Just like it says)*  
Makes them clean. Makes them clean. *(Flash all ten fingers)*  
All around, All around



## Hand Washing Song

*Tune: Wheels on the Bus.*



The soap on your hands goes sud, sud, sud.  
Sud, sud, sud.  
Sud, sud, sud.  
The soap on your hands goes sud, sud, sud.  
And the germs go down the drain.

## The Big Achoo!

Tissue, tissue, where are you?  
I can feel a sneeze coming through.  
I'll cover my mouth, and cover my nose.  
Look out everybody! Here it goes!  
Ah... Ah.... Choo!!



## Wash Those Germs Away!

After you use the restroom,  
And after I go outside to play,  
Wash your hands with soap and water,  
And wash those germs away!

## Germs Will Make You Sick

*Tune: Hokey Pokey*

Germs are really mean  
But they can't be seen!  
They will make you sick,  
They're bad – ick!  
Use some soap and water,  
Scrub your hands to get them clean –  
Clean's what it's all about!

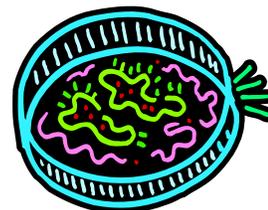
# HANDWASHING

## RAP

You gotta wash your hands, you gotta wash them right  
Don't give in to germs without a fight.

Use water that's warm and lots of soapy bubbles,  
These are your weapons for preventing germ troubles.  
Don't cut short your time, your fingers get between,  
It takes 20 seconds to make sure they're clean.

Gotta wash, gotta wash, gotta wash your hands,  
You gotta wash, gotta wash, gotta wash your hands.



### **GERMS!**

Wash your face and hands with soap,  
Wash them every day!  
Keeping clean by using soap  
Will help keep germs away!

### **Dirt Goes Down The Drain!**

*Tune of "Row, Row Row Your Boat"*

Wash, wash, wash your hands  
Play our hand game.  
Rub and scrub, and scrub and rub.  
Germs go down the drain. HEY!

Wash, wash, wash your hands  
Play our handy game.  
Rub and scrub, and scrub and rub.  
Dirt goes down the drain. HEY!

### **Dirty Hands**

Dirty hands are such a fright  
See I washed mine, clean and bright!  
Teacher says it is quite right  
To wash them morning, noon and night!



## ALL THE LITTLE GERMS

All the little germs, dirty and mean,  
Hiding on your palms, (*point to where they're hiding*)  
Where they cannot be seen.  
Wash them, (*rub hands together*)  
Scrub them, (*rub knuckles together*)  
Rinse them away. (*whisk hands across each other*)  
Then we'll have clean hands, (*hold hands out palm up*)  
Hip, hip, hooray! (*jazz hands!*)

... Hiding between your fingers,  
... Hiding behind your hands,  
... Hiding on your thumbs,  
... Hiding under nails,  
... Hiding on your wrists, etc



Top and bottom, Top and bottom  
In between, in between!  
Scrub 'em all together, scrub 'em all together  
Now you're clean! Squeaky clean!

## THE DINNER SONG

(*tune "The Muffin Man"*)

Are you ready to eat dinner now,  
Eat dinner now, eat dinner now  
Before you start to eat your chow  
You've got to wash your hands!  
I sing this song and scrub my hands,  
And scrub my hands, and scrub my hands  
Every smart kid understands  
You've got to clean up first!

Twinkle Twinkle Little Star  
See how clean my two hands are  
Soap and water, wash and scrub  
Get those germs off, rub a dub  
Twinkle Twinkle Little Star  
See how clean my two hands are!!

## GOOEY, GRIMEY HANDS

(*tune: "Frère Jacques"*)

Gooley,  
Grimey,  
Stickey,  
Slimey  
Scrub those hands!  
Scrub those hands!  
With warm and soapy water  
Every son and daughter,  
Scrub those hands!  
Scrub those hands!  
All the germs go  
Out with the flow,  
Down the drain!  
Down the drain!  
Cleaning palms and knuckles  
Sometimes brings on chuckles  
Nice and clean!  
Nice and clean!  
Right hand  
Left hand  
Right hand  
Left hand  
Scrub them clean!  
Scrub them clean!  
Let the bubbles linger  
Over every finger  
Rinse and dry!

## **This is the Way We Wash Our Hands** (*do motions*)

This is the way we wash our hands  
Wash our hands, wash our hands.  
This is the way we wash our hands  
Several times each day.

### ***Other Verses:***

We put soap on our hands...  
Then go like this.  
We wash between our fingers well  
To get off all the dirt  
We use water to rinse our hands  
And then we go like this.  
We use a towel to dry our hands  
Then put it in the trash.

## **Asi es como nos lavamos las manos**

*Adapted by Pam Schiller and Rafael Lara-Alecio*

Asi es como nos lavamos las manos.  
Lavamos las manos, lavamos las manos.  
Asi es como nos lavamos las manos,  
Muchas veces dia.

### ***Verso adicionales:***

Colocamos el jabon en nuestras manos...  
Y luego hacemos asi  
Nos lavamos entre los dedos tambien...  
Para sacar lo sucio.  
Usamos el agua para enjuagar nuestreas  
Manos...y luego hacemos asi.  
Usamos una toalla para secarnuestras  
manos... luego la colocamos en la basura.

## **THE AFTER RECESS SONG**

*(tune "Twinkle Twinkle Little Star")*

My hands are an icky mess  
Got them dirty at recess.  
Through the sandbox, I did crawl.  
Sneezed upon them in the hall.  
It's time for lunch!  
What shall I do?  
I don't want to  
Catch the flu!  
How to make these germs un-cling?  
Soapy water is the thing!  
Scrub both my hands  
On both sides.  
Down the drain  
The germs all glide.  
Rinse and dry  
And then I'm done.  
Getting clean is kind of fun!



## I'm Gonna Wash Those Germs

(Tune: "I'm Gonna Wash That Man Right Out of My Hair")

I'm gonna wash those germs right off of my hands,  
I'm gonna wash those germs right off of my hands,  
I'm gonna wash those germs right off of my hands,  
And send them on their way!

I'm gonna scrub those germs right off of my hands,  
I'm gonna scrub those germs right off of my hands,  
I'm gonna scrub those germs right off of my hands,  
And send them down the drain!

## Wash, Wash, Wash Your Hands

(Tune: "Row, Row, Row Your Boat")

Wash, wash, wash your hands  
Wash them well today  
Soap and water does the trick  
It keeps the germs away!  
Wash, wash, wash your hands  
Wash them day and night  
Scrub with soap and water too  
And illness it will fight!  
Scrub, scrub, scrub your hands  
Until they're nice and clean  
Down the drain go dirt and germs  
Never to be seen.  
Rinse, rinse, rinse your hands  
Under the water stream  
Merrily, merrily, merrily, merrily  
Hand washing's a dream!



Cover your cough,  
Cover your sneeze,  
And then you won't  
Spread the disease!

## **GERMS!**

Wash your body and hands with soap,  
Wash them every day!  
Keeping clean by using soap  
Will help keep bad germs away!

Germs, Germs everywhere  
Even on your teddy bear  
Germs, Germs everywhere  
Even where you can't stare  
Germs, Germs in our hair  
But even when they're out of  
sight, they're are so many ways  
for us to fight...Germs

## **The When to Wash Song**

*Make corresponding sounds*

When you (*COUGH*)

When you (*SNEEZE*)

When you (*WOOF*)

When you (*MEOW*)

When you (*DOOR*)

When you (*FLUSH*)

I know you understand:

After all these things, you got to wash your hands.

Wash your hands, wash your hands

You've got to, got to wash your hands,

Wash your hands, wash your hands

After all these things you've got to wash your hands



## **The Why To Wash Song**

If you want to be healthy

If you want to be smart

If you want to feel clean,

Here's a great place to start!

It's as easy as 1-2-3,

If you just listen to me.

You gotta wash, wash, wash your hands,

You gotta wash, wash, wash your hands,

You gotta wash, wash, wash your hands,

You gotta wash, wash, wash, wash, wash your hands!

I want to be healthy

I want to be smart

I want to feel clean

So get ready to start!

It's as easy as A-B-C,

If you just listen to me.

You gotta wash, wash, wash your hands,

You gotta wash, wash, wash your hands,

You gotta wash, wash, wash your hands,

You gotta splish splosh, swish swash, wash wash, wash your hands.

# Washing!

With soap and water,  
I rub my hands;  
With the bubbly suds,  
I scrub my hands  
Rubbity, scrubbity scrub!

Rub my hands  
And scrub my hands,  
Til no more dirt is seen!  
Rub and scrub;  
Rub and scrub  
And then my hands are clean!





# Jokes About Germs

Q: What do you call a germ who wants to have a good time?

A: *A fungi!! (fun guy!)*

Q: Why do people keep bandages in the refrigerator?

A: *For cold cuts!*

Q: What did the mold say when he had his picture taken?

A: *“Cheese!”*



## Websites with more information/ resources on handwashing:

[www.germsontherun.com](http://www.germsontherun.com)  
[www.henrythehand.com](http://www.henrythehand.com)  
[www.glogerm.com](http://www.glogerm.com)  
[www.kdhe.state.ks.us.wash-em/education.html](http://www.kdhe.state.ks.us.wash-em/education.html)  
[www.kcskinhealth.com](http://www.kcskinhealth.com)  
[www.gphealthsmart.com/teaching/lessonplan.asp](http://www.gphealthsmart.com/teaching/lessonplan.asp)  
[www.purell.com](http://www.purell.com)  
[www.scrubclub.org](http://www.scrubclub.org)

## Another Activity to Illustrate Germs/Proper Handwashing:

*Two volunteers dip hands in flour. One only rinses hands quickly under water; the other washes hands correctly. Compare results. Discuss.*

## Music:

“Keep the Germs Away” *Learning Basic Skills Through Music – H & S;*  
Hap Palmer – Activity Records, 1970.  
“Wash Your Hands” *by Scott Kepnes* MA Medical Society  
“Rub a Dub” (The handwashing song) *by Ms Lucy*  
Scrub a Dub (Hand-Washing Song), by Dr. Jean on the “All Day Long” CD  
“Wash Your Hands” *by Bill Harley*

## Books About Germs and Germ Safety:

“Wash Your Hands!” *by Tony Ross*

“Dirt and Grime Like You’ve Never Seen!” *by Vicki Cobb*

“Those Downright Nasty, Disgusting Germs!” *by Judith Rice*

“Why Is Soap So Slippery? And Other Bathtime Questions” *by Catherine Ripley*

“The Magic School Bus - Inside Ralphie: A Book of Germs” *by Joanna Cole*

“Germs! Germs! Germs!” *by Bobbi Katz*

“Germs Make Me Sick!” *by Melvin Berger*

“No Bath Tonight” *by Jane Yolen*

“Meanines” *by Joy Cowley*

“Germs Are Not For Sharing” *Redleaf Press*

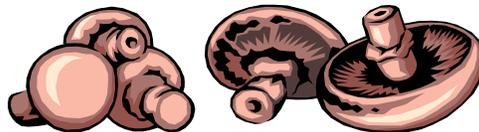
## Good Germs?...



Yeast? Yeast is in pretzels and bread! It is what makes bread rise. You can't taste it, but you can smell it when you smell bread baking or pass a bakery!

Fungi?

Mushrooms are fungi? Yes! One pizza with fungi please!



Yogurt? Yes! Yogurt contains bacteria. Healthy bacteria! I'll have yogurt on my strawberries please!

**Wash your hands**



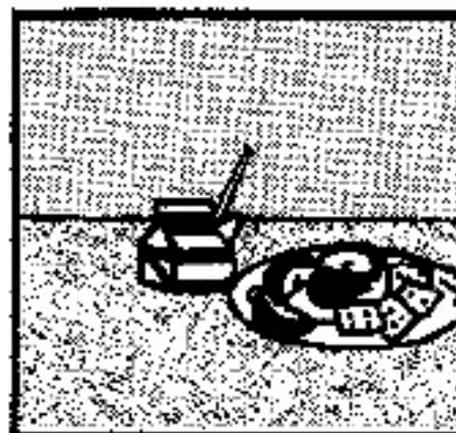
*Courtesy of the Minnesota Department of Health*

# CHILDREN

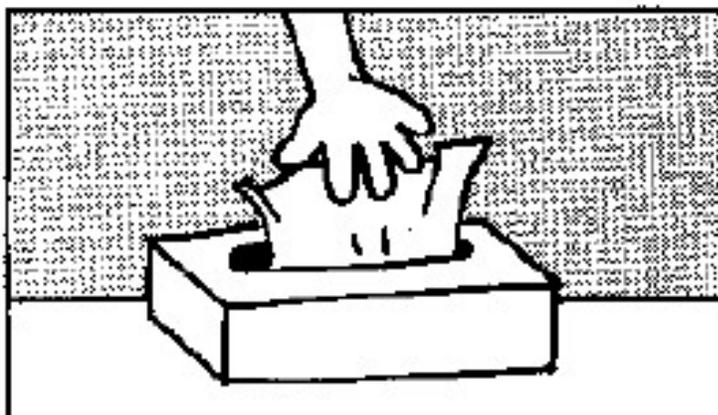
## WHEN TO WASH HANDS



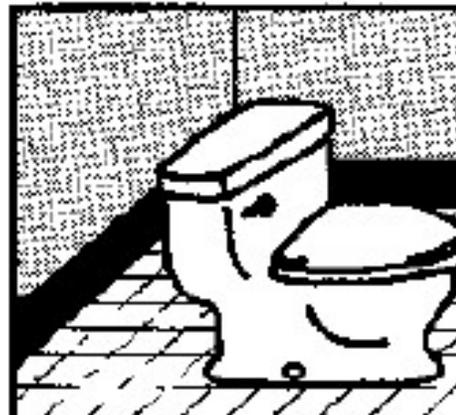
WHEN YOU ARRIVE



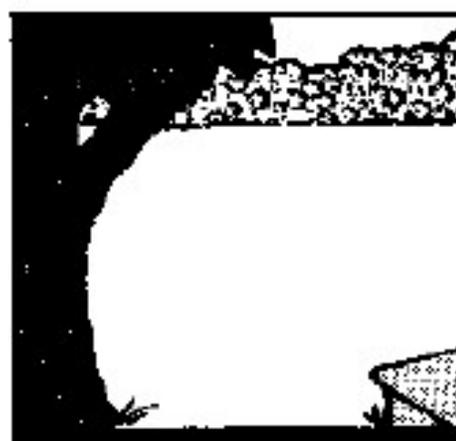
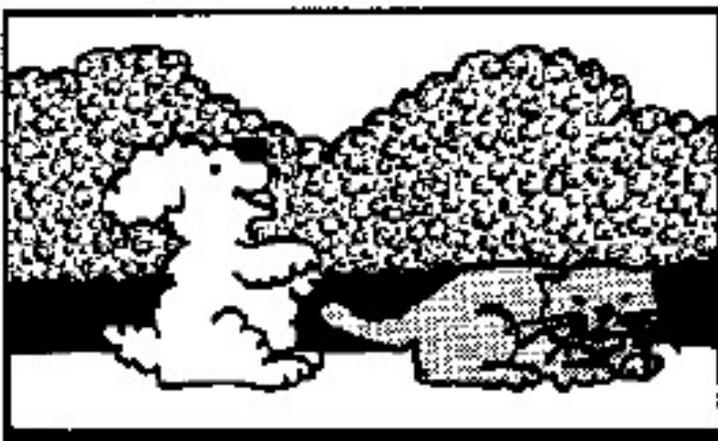
BEFORE & AFTER



AFTER YOU BLOW YOUR NOSE



AFTER USING THE



Dear Parents,

We are learning about handwashing in our class. Please discuss and reinforce these concepts with your child. And remember – your example is your child’s best teacher!

### **Why is handwashing so important?**

Washing your hands and your kids’ hands is the best thing that you can do to stop the spread of germs. The moment that you finish washing your hands, you start to collect germs again by opening doors, wiping faces, playing with children’s toys and changing diapers. You cannot avoid collecting germs, but you can reduce the chance of infecting others by knowing when to wash your hands.

### **When should parents wash their hands?**

Parents should wash their hands before and after activities that have a high risk of spreading germs. **Wash your hands:**

- Before cooking or eating
- Before feeding a baby or child
- Before giving medication to a child.
- After changing a diaper;
- After helping a child to use a toilet;
- After using a toilet yourself;
- After taking care of a sick child;
- After handling pets or animals;
- After cleaning pet cages or litter boxes
- After wiping noses, coughing or sneezing
- Whenever they look or smell dirty



### **When should children wash their hands?**

- Before eating or handling food
- Before playing with a group media (playdough, watertable, etc)
- After having a diaper change;
- After using the toilet;
- After playing outdoors or in sand; and
- After playing with pets or animals.
- Whenever they look or smell dirty

As always – thank you for your support!

**Hey Kids!...** You know the question that comes out of every parent's mouth 1,000 times a day? No, it's not "Why can't you leave your sister (or brother) alone?"; It's not "Did you pick up your toys?" It's: "**Did you wash your hands?**"

Why are grown ups so hung up on hand washing? Why are they so in love with lather?

Washing your hands is the best way to stop germs from spreading. Think about all the things that you touched today - from your telephone to the toilet, your sweaty T-shirt to your slimy tissue, your darling hermit crab to the dirt pile by the playground. Even though you can't see them, many things that you touch every day are covered with germs. When you have germs on your hands, you can pass them to other people without even knowing it and make them sick. Or those same germs can make **you** sick by hitching a ride into your body each time you touch your food or put your hands in your mouth. Think about how many foods you eat with your hands every day.

That's where hand washing comes in! Soaping up makes germs sorry because it rinses them away. When germs go down the drain, they can't make anyone sick!

So when are the best times to wash your hands?

- before eating or touching food in any way (like if you're helping cook or bake)
- after using the bathroom
- after blowing your nose or coughing, or putting your hands in your mouth
- after touching any pets or animals
- after playing outside
- after visiting a sick relative or friend

Now you have the when and the why of hand washing! But did you know that a lot of people don't know **how** to get their paws perfectly clean? The next time you're told to step up to the sink and scrub up, remember these handy hints:

1. Use warm water when you wash your hands. Warm water is better at killing germs. But be careful you don't burn yourself with water that is too hot.
2. Use whatever soap you like. Some soaps come in cool shapes and colors or smell nice, but whatever kind gets you scrubbing is the kind you should use. Antibacterial soaps are OK to use, but they're not necessary for getting rid of germs. Scrubbing does it.
3. Work up some lather on both sides of your hands, your wrists, and between your fingers. Don't forget to wash around your nails - germs' favorite finger hideaway. You should wash for about 10 to 15 seconds. This is about as long as it takes to sing the chorus of a song from start to finish, so sing while you scrub!
4. Rinse and dry well with a clean towel!

*Adapted from: KidsHealth.org*



# Messy Hands!

*By Kathleen Hollenbeck*

I haven't washed my hands today  
Or used a bit of soap.  
They're getting really dirty and I know  
That soon they'll be so grimy  
It will be the perfect time  
To leave my handprints everywhere I go!



# Necessities for Proper Handwashing:

- Separate sinks for diapering, food preparation, and handwashing
- Running water (not a filled basin)
- Warm water (for children, temperature not over 120\*)
- Liquid soap
- Friction
- Disposable paper towels
- Child-height sinks or sturdy, slip resistant step stools to promote independence
- A lined trash can



*For Adults –*  
Add a nail brush to ensure  
cleaning under fingernails.

# Little Dirty Dotty Dunn

Little Dirty Dotty Dunn  
Decided she would have some fun;  
And since it was a sunny day,  
She stepped outside to run and play.  
While walking down a nature trail,  
She saw a rather large brown snail;  
She watched the snail, then picked it up,  
And since she didn't bring a cup,  
She kept the snail right in her hand  
Which now was full of slime and sand.  
"This snail will be an awesome pet,"  
Thought Dotty as she walked, "and yet,  
I think another pet could be  
More than twice the fun for me!"

So Dotty dropped down to the ground,  
And ran her fingers all around.  
She felt a creature soft and wet...  
("Now this is *the* most awesome pet!")  
She tugged and pulled, though it did squirm,  
Until her hand contained a worm!  
"This really *is* my lucky day!  
I'll ask my mom if they can stay!"

So Dotty skipped back to her home;  
Her mom was on the telephone.  
Imagine her surprised reaction,  
As Dotty, full of satisfaction,  
Held out these pets for mom to view,  
"Dotty, Dotty! Look at you!  
Get to the bathroom! Run now, quick!  
Clean those hands; they'll make you sick!  
Get some soap, and then be wiser —  
Use instant hand sanitizer!"

Later Dirty Dotty Dunn  
Heard some rumbling in her tum.  
What she needed was a snack!  
So then she planned out her attack:  
Mounds of whipped cream, marshmallow goo,  
Peanut butter and buttermilk too,  
Canned fuzzy pickles without a label,  
She stacked each on the kitchen table!  
Eat it all? She had her doubts,

So she asked Mom to help her out!  
Imagine now, her shocked reaction  
As Dotty, full of satisfaction,  
Asked her if she'd like some lunch  
Since there's enough for two to munch!

She had a fit, I must confess,  
“Dotty! What an awful *mess!*  
Get to the bathroom! Run now, quick!  
Clean those hands, they'll make you sick!  
Get some soap, and then be wiser —  
Use instant hand sanitizer!”

Dotty learned — getting dirty's okay...  
Because now she knows the proper way  
To finish playing is getting clean  
Through practicing good hand hygiene.



## Facts on Hand Hygiene

- According to CDC, the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.
- Nearly 22 million school days are lost due to the common cold alone. Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks. (CDC)
- 52.2 million cases of the common cold affect Americans under the age of 17 each year. (CDC, 1996)
- Students don't wash their hands often or well. In one study, only 58% of female and 48% of male middle and high school students washed their hands after using the bathroom. (American Journal of Infection Control, 1997)
- A study of Detroit school children showed that scheduled hand washing, at least four times a day, can reduce gastrointestinal illness and related absences by more than 50%. (Family Medicine, 1997)



## You Better Wash Your Hands

Tune: "I Want To Hold Your Hand" by the Beatles

Oh yeah, I'll tell you something  
I think you'll understand  
For the sake of sanitation  
You'd better wash your hands  
You'd better wash your hands  
You'd better wash your hands

Before, and after meals  
And when you use the can  
Soap and water... for twenty seconds  
Should be part of your plan  
That's how you wash your hands  
That's how you wash your hands

And when you're finished  
You'll feel happy inside

Make sure you  
Wash your nails ... And dry with towel or fan  
Prevent those nasty microbes  
From spreadin' cross the land  
You'd better wash your hands  
You'd better wash your hands

And when you're finished you'll feel happy inside  
Washin' so thorough that microbes  
They can't hide, They can't hide, They can't hide

Oh yeah, I'll  
Tell you something  
I think you'll understand  
For the sake of sanitation  
You'd better wash your hands  
You'd better wash your hands

Why don't you wash your hands?



Bubbles, bubbles all around –  
Both big and small ones to be found.  
Some offer fun and tricks for you.  
While others have their jobs to do!

The bubbles that you blow up high  
Can catch a breeze and almost fly!  
With bubble tricks you'll be the best  
And show your skills to all the rest!



Detergent bubbles can get mean  
To get your clothes and dishes clean.  
Their power comes from plants or oil  
They do their job to bust your soil!



It's true that bubbles can be fun  
But then, when all their work is done  
It's down the drain to meet their fate  
And Poof! They just evaporate!



They that wash on Monday  
Have all week to dry;

They that wash on Tuesday  
Are not much awry;



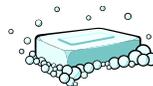
They that wash on Wednesday  
Are not so much to blame;

They that wash on Thursday  
Wash for shame;



They that wash on Friday  
Wash in need;

And they that wash  
on Saturday?...



**Dirty they are indeed!!**





# **Wash Your Hands!**

Please have your child wash their hands  
upon arrival. Thank you!



lavamos las  
manos

# WASH YOUR HANDS BEFORE YOU EAT

Wash your hands before you eat.  
Wash your hands before you eat.  
Wash your hands, wash your hands, wash your hands.  
Wash your hands before you eat.  
Wash your hands before you eat.  
Wash your hands, wash your hands, wash your hands.

I've got some dirty little hands and face  
Been playing in a dirty place.  
Been making mud pies, quite a few.  
Now there's something that I've got to do.

Wash your hands before you eat.  
Wash your hands before you eat.  
Wash your hands, wash your hands, wash your hands.  
Wash your hands before you eat.  
Wash your hands before you eat.  
Wash your hands, wash your hands, wash your hands.

Been digging in a great big hole  
I've heard that China is down below.  
When I get there, I might come back,  
'Cause I'm hungry and I need a snack.

Wash your hands before you eat.  
Wash your hands before you eat.  
Wash your hands, wash your hands, wash your hands.  
Wash your hands before you eat.  
Wash your hands before you eat.  
Wash your hands, wash your hands, wash your hands.

Took my doggy to the new playground.  
I threw him every little stick I found.  
My hands are dirty but I really don't mind,  
But Daddy said come on it's dinner time!

Wash your hands before you eat.  
Wash your hands before you eat.  
Wash your hands, wash your hands, wash your hands.  
Wash your hands before you eat.  
Wash your hands before you eat.  
Wash your hands, wash your hands, wash your hands.

## 2 Little Germy Hands flannelboard story

Once upon a time there were two little hands that went to **school**. They loved all the things there were to do there and learned and had lots of fun! Today was going to be another great day! The two little hands decided to play with the **blocks**. But while they were playing with the blocks, a germ got on their hands! It was the kind of germ that can cause a **tummy ache**. But the two little hands didn't care, and they didn't stop playing because they couldn't see the germ and they didn't know it was there!

The two little hands got tired of playing with the **blocks** and their friend called them to play with the **puzzles**. The two little hands had lots of fun playing with the **puzzles**. But while they were there, a germ got on their hands, and it was the kind of germ that can cause a **fever**. You know – a temperature! But the two little hands didn't care, and they didn't stop playing because they couldn't see the germ and they didn't know it was there!

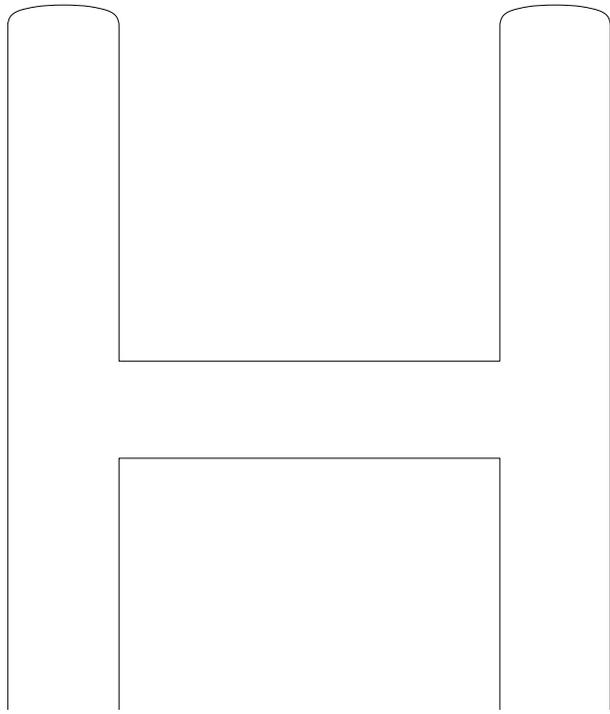
The two little hands saw some friends at the sand table and went to play there. The sand was so much fun! But while they were there, a germ got on their hands, and it was the kind of germ that can make you **cough**. But the two little hands didn't care, and they didn't stop playing because they couldn't see the germ and they didn't know it was there!

Now the two little hands wanted to play with the **play dough**. The play dough was so squishy and fun! But while they were there, a germ got on their hands, and it was the kind of germ that can cause a **sore throat**. But the two little hands didn't care, and they didn't stop playing because they couldn't see the germ and they didn't know it was there!

The two little hands looked over at the **art easel**. They wanted to **paint a picture for Mommy**. So they went over to the **easel**. But while they were there, a germ got on their hands, and it was the kind of germ that can cause **vomitting**. You know – throwing up! But the two little hands didn't care, and they didn't stop playing because they couldn't see the germ and they didn't know it was there!

Now their teacher called that it was time to wash up before they could eat. The two little hands waited in line till it was their turn. Then they went into the washroom and turned on the water. They wet their hands and added soap. They rubbed and rubbed and made lots of bubbles! Then they rinsed their hands under the water. And do you know what? All the germs went down, down the drain. All the germs except one little germ. But that was okay, because next the two little hands took a paper towel and rubbed their hands dry, and when they did that, that last little germ stuck to the papertowel. The two little hands were ALL CLEAN! And now no one would get sick!

*Trace and cut out a pair hands from felt. Cut out little green “blobs” and draw sad or mean faces on each. (These will be the ‘germs’) Make a bottle of liquid soap from felt (or add a piece of Velcro to the back of an empty, real liquid soap bottle). Use a paper towel to ‘dry’ hands in story.*



# Hands

**Note:**

Laminate and use for your Word Wall; *&/Or* let children practice tracing with dry erase markers in the writing center.

# Wash

# Clean

# Staff Post: Table Cleaning Procedures...

*Tables need to be cleaned before they can be sanitized. The steps are as follows:*

1. Spray tables with soapy water mixture.
2. Wipe tables individually with paper towels (do not re-use same bunch of paper towels on next table)
3. Spray with bleach and water solution to sanitize
4. Allow at least 10 seconds (and up to 2 minutes) to dry
5. Allow to air dry if possible; if not, use new set of paper towels to wipe down

## **Other things to remember:**

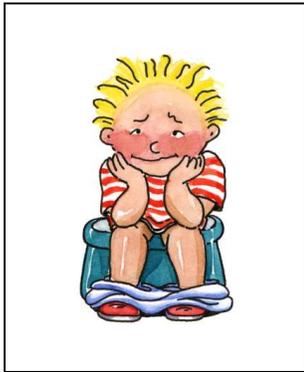
- Washclothes are to be used once, (and once only), then put in with dirty laundry. They are not to be wrung out and re-used
- If children “help” wipe down tables it is more for the self-help skills. You will need to re-wash them and make sure that the children “helping” wash hands both before and after.
- Chairs should be cleaned and sanitized as needed as well
- Bleach solution needs to be made fresh daily. It loses its ph balance after a day and becomes ineffective.
- Spraybottles need to be kept in locked cabinets when not in use

## **Reminder: When to wash hands?**

- Upon arrival
- After using the bathroom
- Before handling food/eating
- After coming in from outside
- Before and after using group media materials (playdough, sensory table, etc.) or petting an animal
- After blowing your nose or a child’s nose, sneezing, coughing
- After diapering
- If your hands look or smell dirty



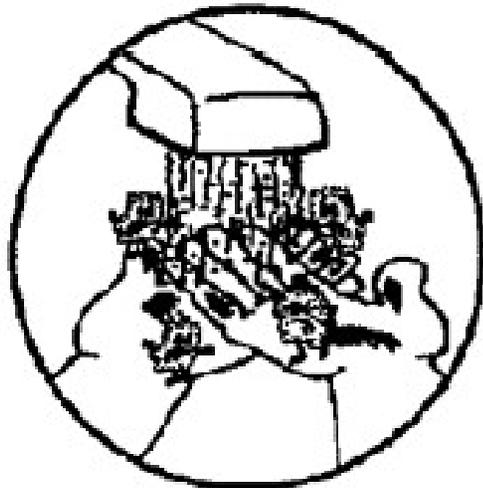
# When to Wash Hands...



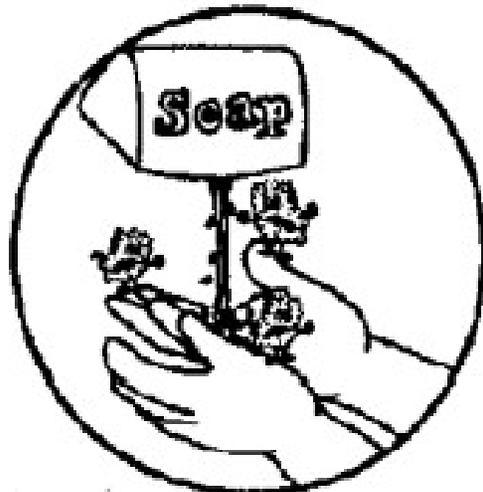


# HANDWASHING

## Steps



**1. WET**



**2. SOAP**



**3. W**

