

# Extension Educator Tip Sheet

## 30 Minute Hand Washing Lesson

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### Applicable to Elementary School Age Youth

#### Ideal Parameters:

- Class sizes of 10 – 25
- Sink available in classroom or nearby
- Sink stocked with soap and hand towels
- Ability to darken room for florescent viewing



#### Getting Prepared:

- Contact your school or classroom to arrange for the lesson
- Gather supplies: handouts, florescent lotion and black light

#### Steps to a Successful Lesson:

- Explain what germs are and why they can be bad in an age appropriate manner.
  - Explain that handwashing is the best way to protect your body from germs.
  - Ask students “When is a good time to wash?” and listen to their answers
  - Use a visual aid to explain when good times to wash hands are.
  - Talk to the students about how to wash their hands properly.
  - Physically demonstrate and practice dry hand washing with the group.
  - Use the fluorescent lotion, darken room and let students view their hands on their way to wash.
  - Remind students that the lotion just represents germs that is not actual germs.
  - As students return, check their hands again for the fluorescent lotion.
  - Talk about any parts of the hand routinely missed.
  - Ask again “How do you wash your hands properly?” and “When is a good time to wash?”.
- \*Dry skin will absorb the lotion, even successful washers can have residue remain.

#### Key Points to Cover:

- Germs are everywhere. Some germs are healthy and some can make you sick.
- The best way to stay healthy is washing your hands.
- You need to wash your hands for 20 seconds.
- Don’t touch your eyes, mouth and nose (T-Zone) to avoid germs.
- Wash your hands: after using the bathroom, after coughing or sneezing, after playing outside or with pets, after you touch a cut or scrape and before eating or cooking.
- Hand sanitizer does not replace good hand washing practice.

## Tools and Resources:

- Coloring Sheet: <https://www.education.com/worksheet/article/color-lesson-washing-hands/?addcollection>
- When to Wash your Hands poster <http://www.thinglink.com/scene/575969316655071233>
- T-Zone Graphic <http://happyteacherhappykids.com/stay-healthy-this-fall-beat-the-back-to-school-germs/>
- Germ City fluorescence lesson (Washington State University Curricula)

## Tips for Engagement:

- “Germ” bean bags can be made by gluing googly eyes on brightly colored bean bags or sew your own. They can be handed out to students and “tossed” back into a bowl as they answer questions about the lesson. They can also be hidden throughout the room and students find them to simulate germs being everywhere.
- Dust a ball with fluorescent powder and students can pass it around then see how the powder or “germs” spread from person to person.
- Hand out coloring sheets to younger children as they wait for other students to finish washing their hands.
- Point out what parts of the hands were still glowing and demonstrate tips to wash them better.
- Use the image below to show students what real germs growing on a medium look like before hand washing and after handwashing. Print the handout in color and laminate the image to re-use at handwashing lessons.

