

Germ City Hand Washing Program®

"Clean Hands, Healthy People"

Curriculum Guidelines and Presentation Suggestions Kindergarten through Second Grade



DRAFT 2002

Format: 50 minute sessions with 20 - 50 students.

Objectives:

The objectives and project goals of Germ City Hand Washing Program® are to:

1. Enhance awareness of the importance of hand washing using science based education for youth, adults, and older Americans preparing food in the home.
2. Improve effectiveness and frequency of hand washing reaching a diverse audience in rural and urban settings including children, adults, senior citizens, and at-risk population groups.
3. Modify attitudes, enhance personal motivation, and facilitate positive behavior change for hand washing.
4. Generate data/research base to support future study and evaluate effectiveness of hand washing education programs related to behavior change, attitudes, and personal motivation.

The lesson emphasis is on Learning About the Importance of Hand Washing, Why It Is Important, and Practicing Effective Hand Washing for Behavior Change.

Germ City: Clean Hands, Healthy People Program® 2002

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Suggested Preliminary Planning:

- Presentation for faculty meeting
- Presentation for Parent-Teacher Organization

Supplies: Germ City® Unit

Posters for Hand Washing and Times to Wash Hands
Evaluation Materials

GlitterBug (**in a Pump Bottle**) from the Brevis Corporation:

One Pump Bottle is good for approximately 500 students.
A small amount is satisfactory.

Set-Up:

Set-up the Germ City® Unit in a central location that will accommodate 20 - 50 students, teachers, and volunteers. The location must be within easy reach of restrooms with an adequate number of sinks for hand washing. You will need one grounded - three prong electrical hook-up. Make arrangements with school maintenance for supplies of paper towels and soap. Possible locations include a school library, the gymnasium, or a large hallway in the school. Generally, students are seated on the floor.

Think ahead about the "flow" of students through the Germ City® Unit. With large groups, it usually works best to line students up, ready to enter and then give directions for going through the tunnel, hand washing, and re-visiting the tunnel. Thinking ahead can save lots of valuable time for student interaction.

Ask teachers and classroom assistants for help. For each class, it's best to have two Extension Educators along with the classroom teacher and at least one teachers' assistant. During visits to the tunnel, position one Extension Educator inside the tunnel.

Teachers, classroom assistants, and additional volunteers position themselves in restrooms with students....and directing traffic.

Ensuring Success in the Classroom:

While the message and the objectives for the Germ City Hand Washing Program® are straightforward, personal delivery often makes the difference between giving a talk and a presentation that engages children and facilitates behavior change. Here are observations from educators in Washington State that may be helpful to you. We've learned through experience - often the hard way - as we worked with more than 5,000 elementary school students using 40 - 60 minute presentation.

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- No matter what the student age, begin a class session with an attitude that assumes "Everyone knows something about hand washing." This is positively reinforcing for students. Most importantly, it allows you as an educator to build on what they know and spend more time modifying attitudes, enhancing motivation, and facilitating behavior change.
- Be seated as close to students as possible. Rather than standing which creates separation, use a short stool or chair so that you are close to eye level with students. This makes a big difference in your "connectedness" with students.
- Use stories with objects and places that students are familiar with locally. For instance, in Western Washington we often share stories about a petting zoo at a large fair that many students visit each September.
- Enjoy yourself and find your unique presentation personality. Sometime, our educators wear Germ City® tee shirts with large glow-in-the-dark glasses or a white lab coat that says "Germinator". Let your creativity and personality show!
- Engage student volunteers. One great way to illustrate cross contamination is to have two students play "pretend" ball with you. The educator begins by asking two children to volunteer. The educator coughs or sneezes loudly into their hand, then pretends to roll the ball to each of the children. It's easy to build onto the cross-contamination story by transferring your cold germs to the ball - to their hands - and their hands as they eat their sandwich at lunch.
- Get teachers involved. Ask them questions, have them share personal observations after seeing the Germ City® on their hands. Request their help during the visits to Germ City® and during the hand washing in school restrooms.
- Ask what the quiet sign or hand signals are for quiet/attention. In many elementary schools, teachers begin a sequence of hand actions by clapping loudly 4 times and students follow. The game continues with the teacher doing a variety of hand actions four times. As he/she changes the children are performing the previous motion - 4 times.

We encourage you to add to our suggestions to ensure success by sending your unique observations and approaches to B. Susie Craig via e-mail: scraig@wsu.edu.

The Lesson Plan

Components the Lesson:

1. Introduction
2. Germs and Hand Washing - A Conversation with Children
3. Discussion of Germs, Hand Washing, and Food Safety
4. Effective Hand Washing - The Method
5. Visit the Germ City® on Your Hands
6. Hands-On Practice with Hand Washing
7. Re-visit Germ City® on Your Hands
8. What We've Learned - A Conversation with Children

1. Introduction

- Introduce Yourself, your University, and Germ City
- Children's Overview - Learning and Practicing Hand Washing

2. Germs and Hand Washing - A Conversation with Children

- Ask children what they know about Germs.
Introduce another name for Germs - Bacteria, Virus.

Many children will talk about germs making you sick.

Stress these points:

Germs are everywhere

Germs can make you sick

Germs are so small that you can not see them

You can get rid of germs by washing your hands

Transition to a discussion about Hand Washing

3. Discussion of Germs, Hand Washing, and Food Safety

- Play a Game with the Imaginary Ball
Ask two children to volunteer to play an imaginary game of ball.
Ask them what their favorite color is and design a ball just for them to play with you. The educator coughs or sneezes loudly into their hand, then pretends to roll the ball to each of the children. It's easy to build onto the cross-contamination story by transferring your cold germs to the ball - to their hands. Then, ask students to pretend

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that it's lunchtime. Ask if they're hungry. Transition by moving the germs from their hands to the sandwich they eat at lunch.....and three days later they can pretend to start coughing.

Be inventive, use their favorite colors, get "into" the pretend game, and/or create their favorite lunchtime sandwich.

Another idea that has been successful is use a large scale pair of Glow-in-the-Dark Glasses and complete a similar role play with students.

- Discussion of Cross Contamination - "Moving germs from one place to Another". 1st and 2nd grade students generally learn this word and use the words bacteria and virus.
- Learning Through Story-Telling:
Discussion of Petting Zoo and Eating Cotton Candy

Most children in western Washington have visited a fair and enjoyed a petting zoo. Here's a story in narrative form that has been effective with students. "My husband and I visited the Puyallup Fair last year. How many of you have ever been to a fair? We had a great time watching children just about your age at the petting zoo. How many of you have visited a petting zoo? A little boy and girl were petting the baby calves and lambs. After they finished petting the animals, they came out of the barn and got in a small, red wagon. Their parents were pulling them around the fair grounds. They must have been hungry because their parents opened a big plastic bag of pink cotton candy for them. Each of them reached in and took some cotton candy and ate it. Let's pretend there were germs or bacteria on the baby calf. Where have the germs moved? *From the calf - children's hands - cotton candy - children's mouth - children's body.* What might happen?

- Identify Important Times for Hand Washing: Make the connection to Germs/Bacteria and Cross Contamination
 1. Before You Eat
 2. After Using the Restroom
 3. After Playing with Pets or Visiting the Petting Zoo
 4. After Coughing or Sneezing. Show children how to cough or sneeze into their sleeve/arm.
 5. After Playing with Toys or Outside

4. Effective Hand Washing -The Method - Reinforce with Poster

This segment works best if you pantomime the process with the children.

- Look for a Paper Towel. Take one and place it under your arm.
- Turn On the Water. Get hands wet - with warm, running water.
- Add Soap
- Scrub Hands for 20 seconds.
 -] First show them how to do it - Under and around nails, fingers, front and back side of hands, and wrists.
 -] Practice washing while singing a favorite song: Row, Row, Row Your Boat (twice), Happy Birthday (twice), Twinkle, Twinkle Little Star, or the Alphabet Song.
- Rinse well Under Running Water.
- Take the Paper Towel From Under Your Arm and Dry.
- Shut off Water with Paper Towel and Open Door with Paper Towel.
- Place the Paper Towel in Waste Basket

If there is time, it's good to run through the exercise twice with this age group of children.

5. Visit the Germ City®on Your Hands

- Place a small amount of Germ City on hands. Instruct to rub in like hand lotion.
- Stress these are pretend or make-believe germs - that they will not hurt you or make you sick.
- When you go into Germ City, you will be able to see the make-believe germs on your hands.
- Ask children to line up quietly outside Germ City. Ask them to look at their hands inside the tunnel and go to bathrooms and wash their hands - stressing practicing what they learned.
- Ask them to return line up outside the tunnel after they wash their hands.

6. Hands-On Practice with Hand Washing

- Teachers, Extension Educators and Classroom Assistants are present in rest rooms - reinforcing the steps of hand washing, singing along with students to encourage 20 seconds of washing.
- Keep things moving by helping pull off paper towels, and leaving water running during class participation.
- Keep things safe - checking for water and soap on the floor.

7. Re-Visit the Germ City® on Your Hands

- Re-visit the tunnel with Extension Educator drawing attention to any GlitterBug lotion that remains on hands.
- Extension Educator inside tunnel points out remaining make-believe germs.

8. What We've Learned - A Conversation with Children

Ask children what they observed or learned by looking at their hands the last time they visited Germ City:

- Need to wash/scrub longer
- Important to use soap and warm water
- Missed spots on their hands

Re-emphasize the importance of hand washing, practice or pantomime hand washing, and review important times to wash hands.