

Child's Growth and Learning

Domain: Health and Physical Development **Key Element:** Health Status and Practices

ACTIVITY	OBJECTIVES	MATERIALS
Your Health is in Your Hands	<p>Student will develop an awareness of health through hand washing.</p> <p>Student will demonstrate independence in personal care when washing hands.</p> <p>Student will expand knowledge of necessary times to hand wash (after toileting, eating, wiping nose, handling animals, etc).</p>	<p>Liquid soap dispenser</p> <p>Running warm water with a sink</p> <p>Paper towel dispenser at student level and covered trash container</p> <p>Petroleum jelly or liquid vegetable oil</p>

Lesson Plan

Hand washing is the best way to prevent the spread of germs that cause colds and many other viruses. Begin by talking about what to use to wash hands, how to wash thoroughly, and how long to wash. At the sink, give each student a dab of petroleum jelly or use liquid vegetable oil. Have them coat their hands. Provide no soap and use cold or cool water only. Have student dry with a paper towel. Students will begin to remark on the fact that their hands are not clean; that the oil won't come off. After the initial experiment, teach students how to properly wash his or her hands: Use soap and running warm water. Student will wet hands completely. After a squirt of soap, make sure s/he vigorously scrubs wrists, backs and fronts of the hands and in between the fingers and fingernails. Rinse away the soap, then dry hands. During hand washing, have student sing three verses of washing song...at the end, they should be all ready to dry and be clean! This strategy will help student engage in hand washing for at least 15 seconds.

Guidance/Facilitation/Teacher Behaviors

Teacher will facilitate a discussion about why we wash. When it is really important to wash and ask students how they wash their hands. Teacher will teach students the hand washing song. Teacher will accompany small groups of students to the sink and facilitate experiment of lesson. During the process and comments and open ended questioning by the teacher, students will be assisted in completing hand washing task.

Procedure/Process/Expected Child Behaviors

Student will engage in experiment and offer input about their hand cleanliness and how not to spread germs. Students will practice washing skills and will continue to talk about the process during naturally occurring washing experiences thereafter.

Extensions

Hand Washing Song (to the tune of "Row, Row, Row Your Boat")

I wet, soap, and scrub my hands
 Several times a day
 To keep my hands nice and clean
 And yucky germs away!

Pictures of students washing and create a step by step visual poster to put in the bathroom, next to the sink and by the discovery area if a pet is housed in the room.

Evaluation

Observe students during bathroom transition and before snack or lunch to observe skill.