Because I Care,
I Will Wash My Hands

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## Because I Care, I Will Wash My Hands

### Curriculum at a Glance

*Video demostrations of how to use curriculum available on YouTube.com, as well as www.handwashing.nmsu.edu.*

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### Songs to Play Every Day

*Because I Care Lullaby — a nap time lullaby*

*Clean Up the Room — played any time the group cleans up a room or space*
Day 1: How Germs Can Spread

Goal: To help children understand that although germs are too small to see, they can still spread from person to person, and can make friends and family sick.

Supplies:
Song—*I Share (But Sometimes I Don’t)*
Book—*Germs Are Not for Sharing*
Activity—*Glitter Germ* (Need Glitter Germ kits and paper towels, soap and water for cleanup)

A. Music—*I Share (But Sometimes I Don’t)*
1. Pre-listening discussion—
   • What are germs?
   • What is sharing? Is it good to share?
2. Listen—*I Share (But Sometimes I Don’t)*

B. Activity—*Glitter Germ*
Assemble *Glitter Germ* kits and paper towels to remove glitter/petroleum jelly from children's hands before they go into the washroom.

C. Storytime—*Germs Are Not for Sharing*
Discuss:
• You cannot see germs, but they can still be hiding on hands and toys.
• Even when your hands, toys, or cup look clean, they can be covered with germs that can make you or your friends sick.

D. Sing—*I Share (But Sometimes I Don’t)*
Discuss: What kinds of things should you never share?

E. Review with children what they learned from this lesson.
• Even when you can’t see tiny things, such as germs, they still exist.
• We should not share germs.
• Washing hands is an important way to keep from sharing germs.

Remember the Everyday Songs!
• *Because I Care Lullaby* to start nap time.
• *Clean Up the Room* to signal clean up time.
**Activity 1: Glitter Germ**

1. Children line up, about five children to a line.

2. Help children practice passing along a handshake or a “Low Five.” Best results come from a slow firm slide of the palms to maximize transfer of Glitter Germ.

3. Ask: “If the first people in each line had germs on their hands, how far down the line do you think they will spread? Would the Glitter Germ reach the very last person?”

4. Encourage speculation. Ask: “Do you think the Glitter Germ traveled to the end of the line? Why or why not?” Do not provide an answer; just encourage curiosity.

5. Place an almond-sized mound of Glitter Germ (cosmetic glitter and petroleum jelly) on the first child’s palm. Spread liberally with a craft stick.

6. Children shake hands or rub palms down the line.

7. Students examine their hands to see how far the Glitter Germ moved down the line. Ask: “Is it on the last person’s hand?”

8. Encourage a discussion of what the children learned about how germs can spread to all the things you touch.

**Possible discussion questions:**

- Were you surprised that the Glitter Germ spread to so many people?
- Do you know germs also spread in this same way to objects, such as door knobs and toys?
- Who or what do you touch each day that might spread germs to your friends?
- How can you try to stop spreading germs with your hand?

**Takeaway Lesson:** Tiny things, such as germs, can be passed from person to person.
The Sharing Song
But Sometimes I Don’t!

Kim Lytton

I can share, I can share, I can share so many things,
I don't share, I don't share, I don't share my germs with you.

I can share, I can share, many many things,
I don't share, I don't share, I don't share my germs.

I can share my books, I can share my toys, I can share my table with other girls and boys.
I cover my mouth when I sneeze or cough, I will wash my hands just the way that I am taught.

I can share, I can share so many things, I can share,
I don't share, I don't share my germs with you, I don't share.

I can share, many many things
I don't share, I don't share my germs.

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Day 2: Germs Are Invisible

Goal: To help children understand that germs are invisible, and although hands and toys may look clean, they can still carry germs.

Supplies:
Song—*Invisible Things*
Book—*Germs Are Not for Sharing*
Activity—*Invisible Things Worksheets*
   (Need *Invisible Things* work sheets and black light under adult control.)

A. Music—*Invisible Things*
1. Pre-listening discussion:
   • What does the word *invisible* mean?
   • Do you remember what a germ is?
   • Can you see germs?
2. Play *Invisible Things* Song.

B. Activity—*Invisible Things*
The black light reveals a cartoon germ on a hand that looks clean. Remember, the black light is not a toy and must always be under adult control. Never shine it into eyes.

Coloring over the image before looking at it under the black light does not hurt the visibility of the cartoon germ under the black light. (See next page for details.)

C. Storytime—*Germs Are Not for Sharing*
Discuss:
• Germs get on your hands in the bathroom—so you must always wash your hands carefully before leaving the bathroom.
• Always wash your hands before eating.
• When you wash your hands, you help keep your friends from getting sick.

D. Sing—*Invisible Things*

E. Review with children what they learned from this lesson
• Invisible things exist even if we cannot see them.
• Germs hide in the cracks of our hands, between fingers, and on your wrists.
• Washing and drying hands thoroughly can help get rid of germs.

Remember the Everyday Songs!
• *Because I Care Lullaby* to start nap time.
• *Clean Up the Room* to signal clean up time.
Activity 2: Invisible Things

1. Discuss the meaning of the word “invisible.” Ask children to name examples of invisible things. (They may or may not name “germ,” the invisible thing described in the song.)

2. Show students the activity sheet of the hand reaching for a cookie. Ask them to tell you what the little boy is doing in the picture.

3. Tell them that the little boy did not wash his hands when he left the bathroom!

4. Ask: “What is the boy about to grab?”

5. Say: “His hands look clean, but do you think they really are clean?”

6. Explain that you have a special light that can discover if his hands are hiding germs.

7. You may want to talk about how scientific tools (such as a black light) help scientists learn about invisible things.

8. Allow students to color the sheet if desired. Light coloring does not affect black light image.

9. Use the black light on each student’s sheet to reveal a “germ.”

10. Discuss how germs can be hiding on unwashed hands, dishes or glasses, even when they look clean.

Takeaway Lesson: Even though your hands look clean, they can still carry germs.

Invisible Things Activity Sheet
Available for free download at www.handwashing.nmsu.edu.

To add your own cartoon ‘invisible germs’, use a UV felt pen to draw germs. It is more effective to select pens without any color in the ink so the ‘germs’ appears invisible upon casual observation.

Use the black light on each student’s sheet to reveal a “germ.” Discuss how germs can be hiding.
Invisible Things
Kim Lytton

C Am F G C F G C Am

There are things I can-not see they are in-visible There are things I
can not see they're in-visible to me Germs are small, can-not be seen

Dm G C F C C D

not by you and not by me but they can make us sick so we stop them

G C Am F G C F G

really quick There are things I can-not see they are in-visible

C Am F G C F G C

There are things I can-not see they're in-visible to me

F G C

they're in-visible to me

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Day 3: How to Wash Your Hands

Goal: To help children understand the hand washing steps required to kill germs.

Supplies:
Song—#1 Song—I’m Gonna Wash My Hands
#2 Song—A 20-Second Scrub-a-Dub
Book—Wash Your Hands
Activity—Sequence of Hand Washing cards (Need hand washing sequence cards)

Optional: Later, children may practice using smaller cards in small groups.

A. Music—I’m Gonna Wash My Hands
1. Pre-listening discussion—
   Let’s try these motions to our song:
   “Scrub the tops”—where is the top of your hand?
   “Scrub the bottoms”—where is the bottom of your hand?
   “Around each finger; get them clean.” Practice on both hands
   “‘Round each wrist, I give them several twists.” Do you know where your wrist is? Try this now.

2. Listen to I’m Gonna Wash My Hands and use the above hand washing motions.

B. Activity—Sequence of Hand Washing cards
(See next page for more details.)

C. Storytime—Wash Your Hands
Discuss:
• Germs can make you, your friends and your family sick.
• You need to wash your hands often, especially after playing outside, after using the bathroom and before eating.
• Your hands can have germs on them, even when they look clean.
• You must wash your hands very well, then get them totally dry when exposed to germs so you don’t get sick.

D. Sing—I’m Gonna Wash My Hands
Do hand motions to I’m Gonna Wash My Hands.
Introduce the shorter version—A 20-Second Scrub-a-Dub—to help children remember each step. This song has a musical introduction, but only 20 seconds of washing. Encourage them to sing it in their head anytime they wash their hands.

E. Review with children what they learned from this lesson
• Good hand washing includes scrubbing all around including fingers, tops and wrists.
• Scrub with soap before you rinse. Soap that goes down the drain provides little benefit.
• Drying with paper towel is very important.

Remember the Everyday Songs!
• Because I Care Lullaby to start nap time.
• Clean Up the Room to signal clean up time.
Activity 3: Sequence of Hand-Washing Cards

Hold up each card – talk about the picture.

**Wet:** Always wet hands before pumping the soap, not after. Do not use water again until after all scrubbing is finished.

**Pump:** Always use pump soap—never bar soap! Do not put hands under water until you have scrubbed all over.

**Scrub:** Look at the 4-in-1 card and talk about each part.

**Ask:**
- Can you show me how to scrub the tops?
- Can you show me how to scrub the bottoms?
- Can you show me how to go around each finger?
- Can you show me how to scrub the wrists?

**Rinse:** Why is it important to rinse?
(Because water washes germs down the drain and takes them away from you and your friends.)

**Dry:** Drying is very important to help rub the germs off your hands after soap and water have loosened them. Never dry your hands on your clothes. Wet hands get dirty again faster. Moist, are very likely to pick up germs quickly.

1. Give five children the laminated cards, each showing one step in the hand-washing process.
2. As a group, the children decide the order of washing—first, second, third, etc.
3. After students line up, each student explains why their photo is important.
4. New children can be selected to use the cards, or they can exchange cards and do the game over.
5. If time allows, children can play with smaller cards after the group activity by lining them up, in proper order, on the table.

**Takeaway Lesson:**
All five steps are important.

1. Wet
2. Soap
3. Scrub
4. Rinse
5. Dry
A 20-Second Scrub-a-Dub
Kim Lytton

I'm gonna wash my hands
First the water then the soap,
scrub the tops and bottoms,
and the fingers get 'em clean
I can scrub them in between
rinse them well then use a paper towel
I'll get them dry as they can be
I'm Gonna Wash My Hands

Kim Lytton

G C D G
I'm gonna wash my hands many times a day I'm gonna

C D G C D G C
wash my hands and chase those germs away First the water

G C
then the soap scrub the tops and bottoms and the fingers

doo doo doo doo
I can scrub them in between doo doo doo doo

G
Rinse them well then use a paper towel I'll get them

doo doo doo

C G
dry as they can be I'm gonna wash my hands many times a day

C D G C D G

I'm gonna wash my hands and chase those germs away

D G C D G C

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Day 4: When Do I Wash My Hands?

Goal: To help children understand when hand washing is especially important.

Supplies:
Song—When Do I Wash My Hands?
Song—A 20-Second Scrub-a-Dub
   (sing in your head while washing)
Book—Wash Your Hands
Activity—Glo Germ
   Need Glo Germ lotion and black light—always use under adult control and never aim at eyes. Also need paper towels, soap and water for cleanup.

A. Music—Listen to When Do I Wash My Hands?
Before listening, ask students when they think they should wash their hands. Discuss why it’s important to wash hands during each of the following times:
   • Before eating
   • After eating
   • After playing outside
   • After using the bathroom
   • After coughing, sneezing or blowing your nose
   • After rubbing eyes

B. Activity—Glo Germ
(See next page for details.)

C. Storytime—Wash Your Hands
Discuss:
   • Some activities, such as playing outside, using the bathroom, or blowing your nose can cover your hands with germs.
   • Your hands can have germs on them, even when they look clean.
   • Washing your hands very well and drying them completely can help keep you, your family and your friends from getting sick.

D. Sing—When Do I Wash My Hands?
This is sort of a “responsive singing” activity.

E. Review:
Ask: “Can you name some times when you absolutely must wash your hands?”

Remember the Everyday Songs!
   • Because I Care Lullaby to start nap time.
   • Clean Up the Room to signal clean up time.
Activity 4: Glo Germ

1. Children review the steps in hand washing from Activity 3 (yesterday’s activity).

2. Announce: “Today we do a fun experiment using something called Glo Germs. These are ‘pretend germs’ that will show you any place you are not washing correctly.

3. The teacher squirts a small amount of Glo Germ onto each child’s hands. Children rub the lotion all over their hands, tops and bottoms and between fingers.

4. After lotion is rubbed in, say: “Do you see anything on your hands? Do you think they are clean?”

5. Children then wash their hands.

6. Ask the children, “Did you wash your hands correctly? Do you think you cleaned out every place germs could be hiding?”

7. The teacher shines the black light onto each child’s hands. Any spot that glows white or blue is a place that was not washed properly. Common missed places are fingernails, tops of hands, between fingers, and wrists.

8. Discuss how singing the 20-Second Scrub-a-Dub song and rubbing every place mentioned in the song will help remove the germs.

Takeaway Lessons:

Germs get on your hands from many places, and it’s hard to get them off.

Getting rid of germs requires soap on wet hands, rubbing palms, wrists, around each fingers, and the tops of hands.

Dry vigorously with paper towels, not cloth.
When Do I Wash My Hands?
Kim Lytton

C

G

C

When do I wash my hands, oh, when do I wash, when do I wash

G

C

F

C

when do I wash my hands oh tell me when to wash Right before I eat,

G

C

F

C

I will wash my hands, Right after I eat, I will wash my hands,

F

C

G

C

After I have played outside, I will wash my hands, After the

C

G

C

After I rub my eyes

C

G

C

bathroom I will wash my hands When do I wash my hands, oh,

G

C

when do I wash, when do I wash when do I wash my hands now

G

C

I know when to wash
A 20-Second Scrub-a-Dub
Kim Lytton

I'm gonna wash my hands
First the water then the soap,
scrub the tops and bottoms, and the fingers get 'em clean
I can scrub them in between
rinse them well then use a paper towel
I'll get them dry as they can be
Day 5: Stop the Spread of Germs by Catching a Sneeze

Goal: To help children understand that they can spread germs with a sneeze or cough, and how to cough or sneeze properly.

Supplies:
Song—Here Comes a Sneeze
Book—Germs Are Not for Sharing
Activity—The “Fake Sneeze” and Here Comes a Sneeze song with motions

Need clean spray bottle and clean water, tissues and a small trash can

A. Music—Here Comes a Sneeze
Discuss:

• What is the difference between a cough and a sneeze?

• The song said “Here comes a sneeze.” How can you tell a sneeze is coming?

B. Activity 5—Here Comes a Sneeze
(See next page for details.)

C. Storytime—Germs Are Not for Sharing
Focus on the last part of the book about how to sneeze.

Discuss:

• Coughing or sneezing on other people can make them sick.

• You need to throw your tissue away immediately after sneezing into it.

• Always wash your hands after coughing or sneezing.

D. Sing—1. Here Comes a Sneeze

2. A 20-Second Scrub-a-Dub
(to sing in your head while hand washing)

E. Review

• Coughing and sneezing are common ways we accidentally share germs with others.

• To avoid sharing germs, we can use our elbows to “catch a sneeze” or “catch a cough.”

Remember the Everyday Songs!

• Because I Care Lullaby to start nap time.
• Clean Up the Room to signal clean up time.
Activity 5: Here Comes a Sneeze

Today’s activity is learning a fun song with motions.

1. **Teacher asks:** What is a cough? Discuss.

2. **Teacher asks:** What is a sneeze? Discuss.

3. **Teacher asks:** The song says “Before I cough or sneeze, I am ready, set, go.” How can you tell when you are about to sneeze? Point out that when you feel these warning signs, you need get ready with a tissue or your elbow.

4. Use the “Pretend Sneeze” bottle to demonstrate how moisture and germs explode out of your mouth onto your friends when you sneeze. You can then hold a tissue in front of the spray bottle and show them how the tissue catches the moisture.

5. Give each child a large tissue or a table napkin. Encourage them to use this as a prop—when the song says “here comes a sneeze” to make a **small** cough into the napkin and when the song says “here comes a sneeze” to make a **small** sneeze into the napkin.

6. Talk about throwing away the tissue away after use.

7. Talk about what to do when you don’t have a tissue—when the song says “here comes a cough, here comes a sneeze” that is a warning to get your elbow ready.

8. Now act out the song two times. Encourage each child to act out the proper motions even if they do not sing.

**Takeaway Lesson:** Sneezing can project germs onto another person, and sneezes should be contained in clothing or a tissue—and always wash your hands.
Here Comes a Sneeze

Kim Lytton

Here comes a cough (cough) Here comes a sneeze (a choo) I'm gon-na catch it in my tis-sue

Here comes a cough (cough) Here comes a sneeze (a choo) I'm gon-na catch it in my tis-sue

Right be-fore I cough or sneeze I am read-y set go I have learned a trick you see I'll catch it in my tis-sue

Here comes a cough (cough) Here comes a sneeze

I'm gon-na catch it in my tis-sue Here comes a cough (cough) Here comes a sneeze

I'm gon-na catch it in my tis-sue I'm gon-na catch it in my tis-sue

I'm gon-na catch it in my tis-sue I'm gon-na catch it in my tis-sue

Read-y set go, in my el-bow

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Because I Care
Kim Lytton

Because I care I wash my hands I don't want you to get sick or feel bad because I care I take care of you feeding and holding and playing with you I want to see you grow healthy and strong laughing and smiling the whole day long I care for you so I do what I can Even as simple as washing my hands Because I care I wash my hands I don't want you to get sick or feel bad because I care I take care of you seeing you happy makes me happy too yes seeing you happy makes me happy too
Clean Up the Room
Kim Lytton

We're gonna clean, clean, clean up the room, room, room, here we go, won't be slow, we can zoom, zoom zoom, we're gonna clean, clean, clean, picking up, up, up, all the toys and the stuff that we drop, drop, dropped We're gonna clean the chairs and tables messes up quickly as we can And when we're done we'll books and toys blankets pillows too many hands make clean ourselves, carefully we'll wash our hands light the work you help me and I help you

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Supply List

Below is a guide to help you find the supplies suggested for these activities.

Links to suppliers and websites are provided only to show examples of the supplies you will need and should in no way to be considered an endorsement. The developers of this curriculum have no connection in any way to the suppliers.

Example of Glo Germ product
http://www.glogerm.com/

Handheld black lights
While scientific supply companies offer these lights, you can find more economical versions at hardware stores, usually sold as “scorpion detector” or “insect detector” flashlights.

This link is offered as an example and not as a recommendation of this specific product or merchant.

http://www.lowes.com/pd_83878-16569-900281_0__?productId=3182997&Ntt=scorpion+flashlight&pl=1&currentURL=/pl__0__s?Ntt=scorpion+flashlight&facetInfo=

Blacklight pens
Pens should write in color (when viewed under the blacklight) to give maximum effect.

This link is offered as an example and not as a recommendation of this specific product or merchant.

http://www.amazon.com/Invisible-Blacklight Marker Blue Yellow/dp/B004C89M9Q/ref=pd_sbs_op_1

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This material is based on work funded by the National Integrated Food Safety Initiative (NIFSI), United States Department of Agriculture (USDA), under Agreement No. 2008-51110-04365; Michigan State University, New Mexico State University and Kansas State University cooperating.
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