

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