

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.



The teacher squirts Glo Germs onto each child's hands and ensures the lotion is rubbed all over the hand and between fingers, and on wrists.



The black light reveals white areas around the fingernails and on the tops of hands that were not scrubbed.



Common missed places are fingernails, tops of hands, between fingers, and wrists.