

### Handwashing & germs (essential)

Time: 30 minutes

#### Materials

- Healthy Me poster series (can be printed as a book or as individual posters)
- Handwashing posters
  - Microscope and germs
  - Do not touch the T-zone
  - Stop – clean your hands
  - Stop – clean your hands with hand rub
  - Clean your hands (black and white poster)

#### Instructions

Ask students the following highlighted questions and start a discussion:

1. “What does a person do to grow and stay healthy?”

Have two or more students share their responses, depending on time. Give hints if needed to elicit desired responses (healthy eating, physical activity, proper sleep, dental hygiene, body hygiene).

- Introduce the “*Healthy Me*” posters by saying, “I have some friends who would like to share with you what they do to stay healthy.”
  - Note: Ensure to end with the hand-washing poster (Raccoon)
  - Expand on the story words from the raccoon poster by saying, “Let’s talk more about when we should wash our hands.” Have students share their answer, give hints if needed to elicit appropriate responses.
2. “Raise your hand if you have heard of something called germs.”
    - Show the ‘*Microscope and germs poster*’
    - Explain what they are
    - Types of germs (briefly)
    - How they can make us sick, using the ‘*Do not touch the T-zone poster*’

- “What is the best way to get rid of germs?”
  - Using the ‘*Stop – clean your hands poster*’, review the six-step method of hand-washing
  - Have students pretend to wash their hands as you demonstrate
  - Show the ‘*black and white clean your hands poster*’ showing areas to concentrate on when scrubbing
3. “If we can’t wash our hands with soap and water, what else can we do to get rid of germs?”
- Using the ‘*Stop - clean your hands with hand-rub poster*’, review the eight step method of hand-washing with hand-rub
  - Have students pretend to wash their hands as you demonstrate
  - Reinforce that hand-rub is only to be used when there is not any visible dirt or mud

### Variation

- Rather than presenting *Healthy Me* series as individual posters, print, laminate, and bind the series to create a book and present it as a read aloud. Then inform students that this book will be added to the class library.
- Create a bulletin board displaying the *Healthy Me* posters.