

'A Clean Me...
...It's My Right & Responsibility'

Workshop 3

Hand Washing... How and When?

Workshop 3 Objectives:

- 💧 Learn and demonstrate an understanding of how to wash your hands with soap
- 💧 Identify when you should wash your hands
- 💧 Understand how washing your hands with soap helps prevent illness and the spreading of germs



Workshop 3 Background Information:

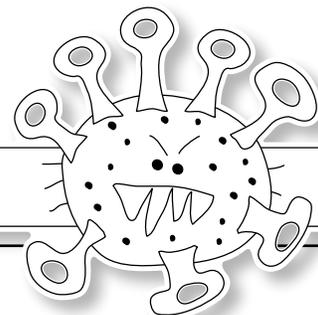
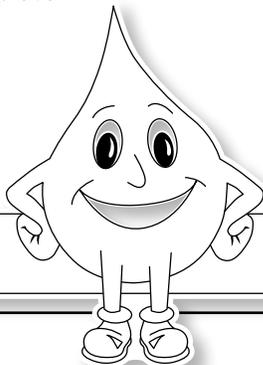
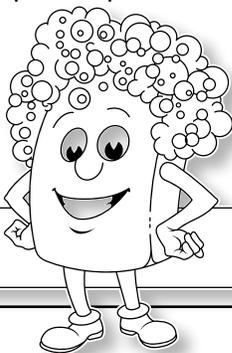
- Hand washing is the most simple and effective way of preventing illness and the spreading of germs.
- Washing hands with soap for 30 seconds removes many germs.
- Soap contains tiny parts that grab onto the germs and the dirt that are stuck to your hands. This allows clean water to rinse the germs and dirt away.
- The motion of rubbing hands together with soap removes the dirt from the skin.
- Washing your hands with only water does not remove germs from your hands.
- Washing your hands with soap cuts the risk of getting diarrhea almost in half.
- Washing your hands with soap can be done in 5 simple steps (wet hands with water, use soap, lather and count to 15 (do this two times), rinse, shake hands dry).
- There are 5 critical times we should wash our hands (these are not the only times, just the most critical): after using the toilet, before eating, after playing outside, after handling trash/rubbish, after coughing or sneezing.

In this workshop, participants will learn their 'Right and Responsibility to A Clean Me' through the following key messages:

- Help keep germs from spreading by washing your hands with soap using 5-step process.
- Wash your hands with soap at the 5 most critical times.

Materials Included in Workshop 3:

- Poster 3-a
- Petroleum jelly
- Glitter
- Poster 3-b
- 5 bars of soap
- Soap, Droplet, and Germ puppets



Advance Preparation:

Before beginning Workshop 3, be sure you have the following ready:

- 💧 All posters and materials included in Workshop 3 (see page 2).
- 💧 Flip-chart paper displayed in front of room so everyone can see (have tape available).
- 💧 Materials for 'Germ Ball' activity (see page 4).
- 💧 Any additional materials you may need for the 'Practice with Puppets' activity (see page 10).
- 💧 'A Clean Me' DVD and Teacher's Guide for DVD (see page 11).

Note: The activities and information in this guide will benefit learners of all ages and skill levels!
**Learning is fun and interactive...
Let's get started!**

Procedure

Getting Started:

Have participants sit together in a circle or small group (Educator can sit in circle with class or stand in front of group).

Teaching Note: Engage caregivers by having them participate in discussions and activities!

Ask the class the following question:
(answer in **blue** below the question)

1. What are germs and how do they spread?
Germs are tiny living things that can't be seen with our eyes, but can make us very sick. Remind the class that germs are everywhere.

Discuss that our hands touch many things all day long - every time we touch something, we can spread germs or get new germs. Have everyone think about all of the things they touch with their hands during the day. ▶



Materials Needed:

- Ball (medium size)
- Flip-chart paper

'Germ Ball'

Step 1

Duration: 10-15 minutes

Have everyone stand in a circle.

Explain that you are going to play a game of 'Germ Ball'. You are going to toss the ball to someone. When that person catches the ball, they must name one thing they have touched with their hands today. After naming something they have touched, they will toss the ball to someone else. The person who catches the ball will name one thing they have touched today. Repeat until everyone has had a chance to catch and toss the ball.

Have caregiver write everyone's answers on flip-chart paper – keep displayed.

Look at the list of things that have been touched today. Discuss if they possibly touched some of the same things today (such as door, etc.) and how germs may have been spread by touching all of these things.

Ask the following question:
(answer in **blue** below the question)

1. What is the best way to help get rid of the germs on their hands?
Washing hands with soap

Emphasize they should not be afraid to touch things other people have touched or be afraid to touch other people. There are simple things we can all do to help prevent the spreading of germs.

Did You Know?

The average person touches 300 surfaces every 30 minutes



Materials Needed:

Poster 3-a

Discussion

(Refer to background information as needed during discussion)

Step 2

Duration: 10 minutes

- Explain that washing their hands with soap is the most simple and effective way to wash germs away. They will learn how to do this in 5 easy steps.

Right & Responsibility to 'A Clean Me':

Explain that everybody has a right and responsibility (the power) to be clean by washing their hands with soap.



Display Poster (3-a)

Ask the following questions while reading through poster: (answers in **blue** below each question)

- What is the first step of washing your hands?
(Point to the first step on the poster)
Wet hands with water
- What is the next step?
(Point to the second step on the poster)
Use soap
- Why do you need to use soap?
The soap is what fights off the germs and keeps germs from spreading

Washing hands with only water will not remove germs



Explain that the soap contains tiny parts that grab onto the germs and dirt that are stuck to your hands, allowing clean water to rinse the germs and dirt away.

- What is the third step?
(Point to the third step on the poster)
Rub hands together (lather) and count to 15. Explain that 15 seconds is how long it takes to sing the song, "Happy Birthday."
They do this step 2 times.



5. Why do you think it is important to count to 15 – and do this 2 times – while rubbing hands together with soap? This gives enough time to clean in between each finger, the tops and bottoms of your hands.
6. What is the fourth step?
Rinse with clean water. *Rinsing with clean water washes away dirt along with the germs.*
7. What is the last step?
Shake hands dry. Explain this is important because this keeps them from picking up new germs from wiping their hands on dirty towels or clothes.

💧 Have the participants stand up. Using poster (3-a), have everyone act out the steps of hand washing as you point to each of the 5 steps.

Remember – when you get to step 3 of 'How to Wash Your Hands', sing 'Happy Birthday' and repeat this step two times.



Step 3

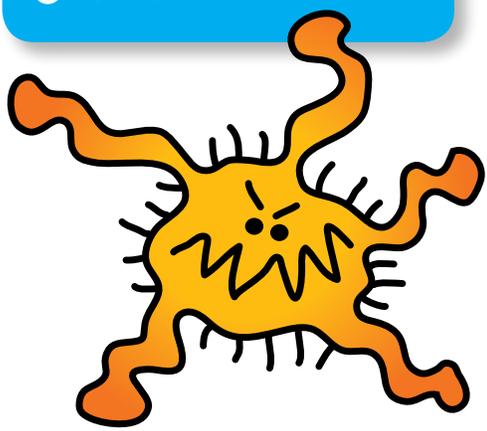
Duration: 20 minutes

Materials Needed:

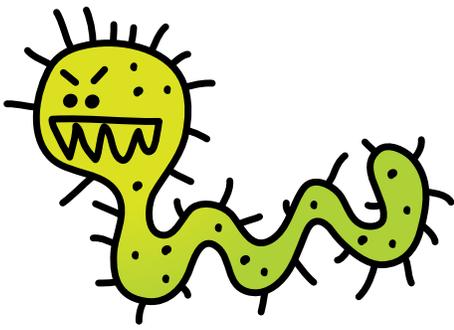
- 💧 Petroleum jelly (or lotion)
- 💧 Glitter

'Glitter Germs'

Explain to the class they are now going to practice spreading germs, and then removing the germs from their hands, using the 5 steps of hand washing.



- 💧 First, have 5-10 participants (depending on group size) come up to the front of the room (can select or ask for volunteers). Place large drop of petroleum jelly in each of their hands and have them rub their hands together.
- 💧 Next, put a small amount of glitter – the 'germs' - into their hands and have them rub the germs all over



their hands. Have them hold up their hands to show the germs to the class.

- Next, have them go around and shake hands with the other participants that do not have the 'glitter germs' on their hands.
- After 30-60 seconds, have the class come back together and discuss what happened with the glitter and how easily the germs spread.

Everyone should have glitter on his or her hands after this activity

Ask the following question:
(answer in **blue** below the question)

1. What do you think can happen if you don't wash your hands with soap?
Germs will be on hands, can get very sick, germs will spread and get other people sick.

Have participants go to washroom to wash their hands with soap using the 5-step process learned.

Did You Know?

Hand washing with soap can reduce diarrhea by up to 47%

Materials Needed:

Poster 3-b



When to Wash Your Hands

Step 4

Duration: 10 minutes

Explain that now that they have learned **how** to wash their hands, it's important to learn **when** to wash their hands. There are times when they will need to wash their hands **before** doing an activity, and sometimes **after** doing an activity.

Ask the participants when they think they should wash their hands.

****Write their answers on flip-chart paper and keep displayed****



Display Poster (3-b)

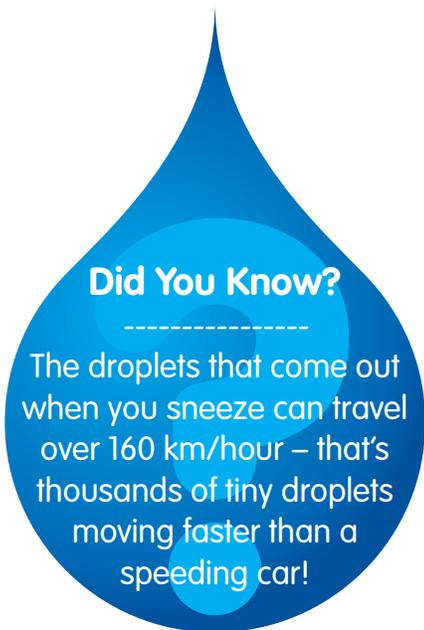
- 💧 Explain that there are 5 critical times when they should always wash their hands with soap.
 - these are not the only times, but 5 very critical and important times.
- 💧 Point to picture #1 – discuss that they should wash their hands after using the toilet, and why this is important.
- 💧 Point to picture #2 – discuss that they should wash their hands after touching trash, and why this is important.
- 💧 Point to picture #3 – discuss that they should wash their hands after playing outside, and why this is important.
- 💧 Point to picture #4 – discuss that they should wash their hands after coughing or sneezing, and why this is important.
- 💧 Point to picture #5 – discuss that they should wash their hands **before** eating.

Think about all of the foods you eat with your hands... if you do not wash your hands before eating, all of the germs on your hands will get onto your food and into your bodies.

Compare the list made at the beginning of Step 4 to Poster (3-b)

Ask the class to name some other times they think they should wash their hands:

Add their answers to the list created in Step 4
Before cooking food, before cleaning or feeding a baby, after changing diaper, after disposing of stools, etc.



Did You Know?

 The droplets that come out when you sneeze can travel over 160 km/hour – that's thousands of tiny droplets moving faster than a speeding car!

Step 5

Duration: 15-20 minutes

Materials Needed:

- Poster 3-b
- 5 bars of soap

'Where's the Soap?'

Keep Poster (3-b) displayed during activity.
Have caregivers help with this activity.



Have participants close their eyes while you hide 5 bars of soap around the room.

Once the soap is hidden, have the children search for the soap (allow about 2 minutes for this). Once all 5 soaps are found, have children come back to the front of the room (*do not have them return soap yet*).

Ask the following questions:

1. What are some of the things and places you touched in the room while looking for the soap?
2. Do you think these things and places could have germs on them?
3. What is the best way to help get rid of these germs?



- Have the 5 children who are holding the 5 bars of soap stand up.
- One at a time, have each person holding a bar of soap name one of the 5 most important times they should wash their hands – *use Poster (3-b) for help; other participants in the class may help too.*
- After naming one of the 5 times, have children return the soap to teacher.

Right & Responsibility to 'A Clean Me':

Remind participants they have a right and responsibility (the power) to be clean by washing their hands with soap at the 5 most critical times.

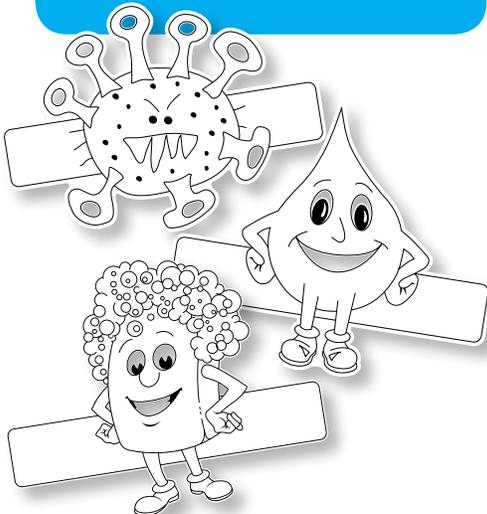


Have participants stand up and give their commitment to washing their hands by doing the following (read out loud):

1. Point to the person who is responsible for keeping your hands clean (everyone should point to themselves)
2. If you are going to wash your hands with soap – stomp your feet
3. If you are going to wash your hands at the 5 most important times – raise both hands
4. If you are going to remind your family and friends to wash their hands with soap – clap your hands

Materials Needed:

- 👉 Germ, Droplet, and Soap Puppets



'Practice With Puppets'

Step 6
Duration: 30+ minutes

Use the different puppets to act out what has been learned about germs, how they spread, and how and when to wash your hands.

Ideas may include:

- 👉 Use by wrapping around the wrist and sliding the hooks together to use as a hand puppet
- 👉 Have participants make their own puppets by tracing puppets onto paper, coloring, cutting out, then gluing to stick

💧 Have participants make puppets from other materials of your choice

Working together in small groups, children and caregivers can take turns performing puppet shows or using the puppets in dramatic play.

Teaching note: Be creative! There are many ways to use the puppets in a structured or unstructured way. Decide what works best in your environment and have fun with this activity!

Materials Needed:

💧 'A Clean Me' DVD and Teacher's Guide



Wrap-Up

'A Clean Me' DVD Viewing

Step 7

Duration: 15+ minutes

Note: This activity is optional as equipment is available

Explain that they are going to watch a short video, featuring some of their furry friends from Sesame Street, who will reinforce what they have just learned about hand washing and the spreading of germs!

Play **'Hand Washing'** segment of DVD (refer to menu on DVD).

See DVD Teacher's Guide for post-viewing discussion questions and additional activities (as time allows).

Note: Thank everyone for coming and announce date, time, and topic of next workshop.

We learn by doing!

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Children International

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