

Kindergarten Lesson Plan Hand Washing and Germs

Health SOL K.2: The student will explain the concept of being healthy. Key concepts/skills include:
b) personal hygiene practices;
c) germs (e.g., bacteria, viruses) that lead to common diseases (e.g., cold, flu).

Interdisciplinary SOLs:

Oral Language K.1b. Students will demonstrate growth in the use of oral language with focus on participating in choral speaking and reciting short stories, rhymes, poems, and songs with repeated patterns.

Writing K.11. The student will write to communicate ideas, and draw pictures and use letters and phonetically spelled words to write about experiences, stories, people, objects, or events.

Rationale: Hand washing is the simplest and most effective way to reduce the transmission of germs inside and outside the classroom. By teaching children the proper way to wash their hands, a healthier environment within the classroom is created, and students develop early healthy hygiene practices that last a lifetime.

Goal: Students will explain the concept of being healthy. Key concepts/skills include personal hygiene practices and the knowledge that germs lead to common diseases (e.g., cold, flu). They will learn how to properly wash their hands in order to kill germs and bacteria that cause illness.

Objectives: *The student will be able to...*

- Explain that germs
 - a) are invisible
 - b) are on their hands
 - c) can make them sick
 - d) are spread from person to person
- Wash their hands properly, following a correct sequence of events

Time Needed: 30 minutes per lesson, 3 lessons

Materials: Day One: corn starch

Day Two: hand washing chant (included)

Day Three: soap, water, sink, paper towels, writing/drawing paper, pencils

Day One

Advance Organizer/Set:

- 1) Gather students in group area. Hide a dime-sized amount of corn starch in your hand.
- 2) Ask students, "Have you ever seen germs?" (No.) Say, "That's right, because germs are so tiny that we can't see them with our eyes."

- 3) Tell them that you brought some pretend germs, and pretend to sneeze into your hand so that the corn starch is spread in your hand, making sure that you do not get the starch near the children's faces.
- 4) Touch a few children wearing dark clothing, and touch a few children's hands. The students should be able to see the corn starch traces.

Procedure:

- 1) Say, "If these were real germs, they could make you sick." Have the children with starch on their hands shake hands with students who have none.
- 2) Say "See how we spread germs to our friends?"
- 3) Ask students, "How do we get germs in our body?" (by putting our hands in our eyes, nose, and mouth)
- 4) Ask, "How can we make sure we don't spread germs when we sneeze or cough?" (by covering our faces with our sleeve)
- 5) Demonstrate the proper way to sneeze (by crooking your elbow and sneezing/coughing onto your sleeve). Have students practice sneezing and coughing into their sleeve.
- 6) Ask, "Do you know how to get rid of germs?" (by washing your hands)

Day Two

Advance Organizer/Set: (10 minutes)

Gather students in group area. Review the previous day's information by asking:

- a) What makes us sick? (Germs)
- b) How do we spread germs to our friends? (by sneezing/coughing without covering our faces, touching them)
- c) What is the right way to cover your face when you sneeze or cough? (Have them demonstrate)
- d) How do we get rid of germs? (by washing our hands)
- e) What do we use to wash our hands? (soap and water)
- f) Do we walk away from the sink with wet hands? (No-- we dry them with towels)

Procedure: (20 minutes)

- 1) Demonstrate how to properly wash your hands, while chanting the Hand Washing Chant (to the tune of "Sound Off"). Have students repeat after you each time you sing a new line of the chant, and model the hand signals.

Teacher: (rub palms together) Back and Forth until there's bubbles,
Students: Back and Forth until there's bubbles.

Teacher: (rub backs of hands) Top of this hand 'til there's bubbles,
Students: Top of this hand 'til there's bubbles.

Teacher: (rub in-between Fingers) In-between, In-between,
Students: In-between 'til they're all clean.

Teacher: (rub thumbs) Thumb, thumb, thumb-kin clean,
Students: Thumb, thumb, thumb-kin clean.

Teacher: (twist fingernails/tips together) *Twist, twist...twist-twist-twist.*

Students: *Twist, twist...Fingernail twist.*

Teacher: (hold wrists) *Lastly wring around each wrist,*

Students: *Lastly wring around each wrist.*

- 2) Repeat the chant and the hand signals until the class can chant and signal correctly.

Day Three

Advance Organizer/Set

- 1) Call students to group area. Review the previous day's chant and hand motions.

Procedure

- 1) Explain to students that you are going to give them each a piece of paper, where they will draw what they think a germ might look like if we could see it with our eyes. They may draw as many types of germs as they like, and can label them with names, or write a sentence about germs.
- 2) Explain that while they are drawing their germs, you are going to call them to the sink to practice washing their hands.
- 3) Dismiss students to their seats and distribute coloring materials.
- 4) Call students up in pairs to the sink to practice washing their hands. If they need help remembering the steps, remind them by using the Chant they learned. Have students sing the Chant with you as they wash. Make sure they use soap and dry their hands thoroughly.
- 5) When each student has practiced washing their hands, go to them individually and ask them what germ they drew and what they wrote about their germ(s).
- 6) Underneath the student's writing about germs, write what they dictated that their sentence said.

Extension

Design a center that has picture cards which sequence the steps of washing your hands. You can make picture cards out of photographs of you or a student in the class washing their hands if you take pictures during Day 3. Have students put cards in correct sequence. When they have correctly sequenced the cards, they may go wash their hands.

Pictures should include:

- 1) Turn on water
- 2) Get soap
- 3) Wash hands, making bubbles
- 4) Rinse under water
- 5) Dry with paper towels
- 6) Turn off faucet with paper towel

Assessment:

Use the student drawings and dictations to assess if they achieved the knowledge outlined in the objectives. If they have trouble recalling information about germs, you may prompt them by repeating the questions from group time. If several students appear to have trouble remembering, you may want to extend these activities to another class period.

By observing them washing their hands at the sink, you can check off each student who washes their hands correctly and thoroughly.