



LESSON 1 | WHY DO YOU NEED TO WASH YOUR HANDS?

40
MINS TOTAL

Learning Intentions

This lesson will help students to understand:

- › Why it is important to wash and dry their hands properly
- › The importance of soap in removing germs

Resources

To deliver this lesson, you will need:

- › Student Worksheet 1D – 1 per student

If you are delivering the full 1-hour lesson, you should also have:

- › Two large bowls of water
- › Liquid or bar soap
- › Paint (e.g. water-soluble poster paint)
- › Two aprons
- › Two clean, dry towels

If you don't have these resources available, an alternative activity is presented in the lesson plan that does not require any equipment.

Curriculum Links

- › Health & Physical Education: Personal, Social and Community Health Foundation - [ACPPS006](#) / Years 1 & 2 - [ACPPS022](#)
- › Supporting Outcomes English: Language Foundation - [ACELA1786](#) / Year 1 - [ACELA1453](#) / Year 2 - [ACELA1469](#)

1 - SET THE SCENE

10
MINS ESSENTIAL

Ask

- › **Replay the animation:**

Think back to the cartoon when our young adventurers were fighting against the germs that were growing all over the fruit tree:

- › What did the fruit tree look like?
(ANSWER: A giant hand)
- › What did Bruno use to try to clean it?
(ANSWER: A toy water blaster)
- › After using the toy water blaster, the hand looked clean, but the germs were still there. Why hadn't the germs gone away?
(ANSWER: They didn't use soap)

Explain

- › When germs get on our hands, we need to wash them off
- › Germs are too tiny to see – that's why Chara needed the special phone app she invented to see them
- › Even if our hands *look* clean, that does not mean that they are
- › As we do not have a special phone app like Chara's to see the germs, the only way to be certain that the germs that can infect us are gone is to wash our hands properly
- › Washing our hands with soap for at least 20 seconds is one of the best things we can do to protect ourselves and others from infection



2 - DEMONSTRATE THE POWER OF SOAP

10
MINS **OPTIONAL**

Demonstrate

- › **Explain** that you are going to demonstrate why it is important to wash your hands for at least 20 seconds with soap
- › **Select two students** to take part
- › Ask **both** students to **put on aprons** and **rub paint** on their hands
- › While the paint is sinking in, **give** each student a **bowl of water**
- › Give **one** of the students some **soap**
- › **Instruct both** students to wash their hands for **10 seconds** (both students should still have paint on their hands, demonstrating that 10 seconds is not enough)
- › **Ask** the rest of the class to **track the time** by counting down from 10 or singing 'happy birthday'
- › Once the 10 seconds is up, **ask both** students to **show** their hands



Teacher Tip

SUGGESTION:

Consider trialling a few paints before the lesson as many classroom water-soluble paints will wash off with water only and not leave a trace so the experiment may not work to its purpose.

Ask

- › Which hands are cleaner?
(**ANSWER:** The hands using the soap)
- › On the cleaner hands, which parts of the hands still have the most paint on them?
(**ANSWER:** Probably under the fingernails and between the fingers)

Demonstrate

- › **Ask** the volunteer students to **wash** their hands for **another 10 seconds** with some more soap (focusing on where there is still paint i.e. under the fingernails and between the fingers), with the rest of the class **tracking the time** again
- › **Repeat** the **questions** above and **select** a winner



Teacher Tip

DON'T FORGET!

Make sure that both volunteers have an opportunity to properly wash and dry their hands once the demonstration is over.



Teacher Tip

WANT SOMETHING LESS ACTIVE?

Why not have a simple discussion about how we can tell if our hands are dirty and the sorts of activities that make them dirty? Make sure to emphasise that we can't tell if our hands are dirty just by looking at them.

Explain

- › Soap does a much better job of washing our hands than water alone
- › Just like with the paint, soap is also great at washing off germs
- › Water might make your hands look clean, but those invisible germs will still be there if you do not use soap
- › It is important to wash your hands for a full 20 seconds or more so that more stubborn areas (such as under the fingernails or between your fingers) can be cleaned properly



3 - WORKSHEET 1D

15 MINS ESSENTIAL

Instruct

- **Give** each student access to a copy of **Worksheet 1D**
- **Explain** that the six pictures on the worksheet make a story showing how washing your hands with soap helps to get rid of germs, but the pictures are in the wrong order
- **Instruct** students to put the pictures in the correct order by writing a number in the corner of each picture



Teacher Tip

WANT TO MAKE IT MORE FUN?

Nothing is more fun than getting your hands a bit messy, right? Why not ask the students to cut out the pictures and glue them onto a piece of paper in the correct order? Don't forget to tell them to wash their hands afterwards!

Check Answers

Select students to indicate which order the pictures should go.
The correct order should be:

- **Top-left** (Bruno flushes the toilet)
- **Bottom-left** (Chara looking at germs on Bruno's *dry* hands)
- **Bottom-left** (Bruno washing his hands with water only)
- **Top-middle** (Chara looking at germs on Bruno's *wet* hands)
- **Bottom-middle** (Bruno washing hands with soap and water)
- **Top-right** (Bruno's hands looking clean)

4 - CHECK UNDERSTANDING

5 MINS OPTIONAL

Ask

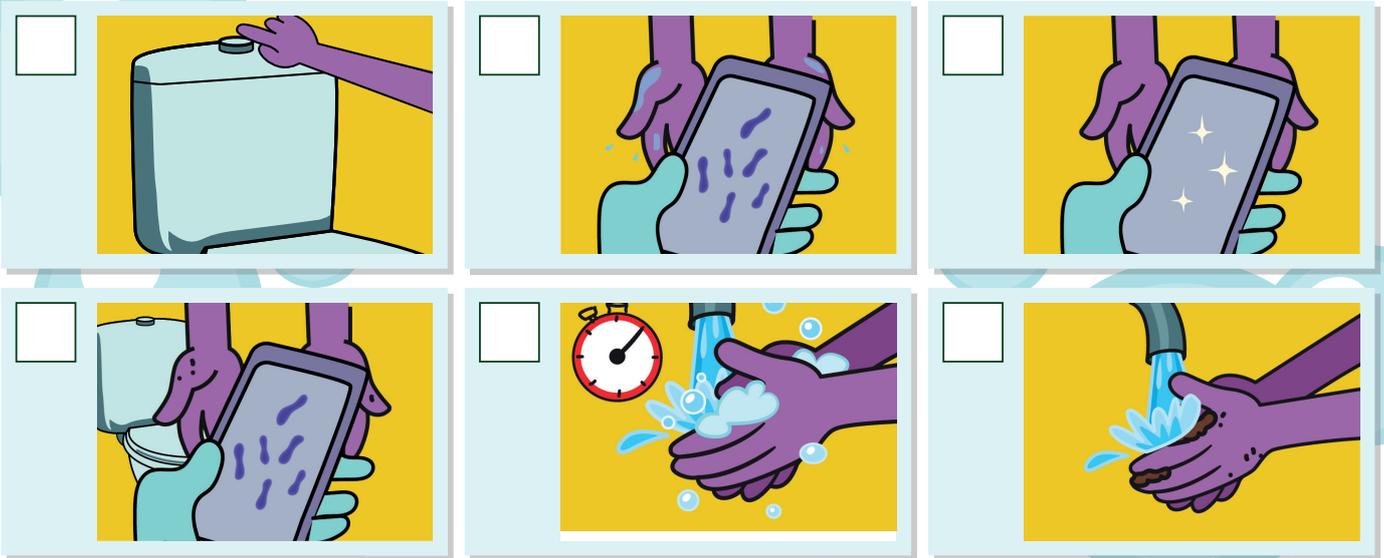
Discuss the story on the worksheet:

- Why did Bruno need to wash his hands?
(**ANSWER:** He just went to the toilet)
- Why were the germs still there after Bruno washed his hands with water?
(**ANSWER:** Because he didn't use soap)
- Why did the germs disappear after Bruno washed his hands for a second time?
(**ANSWER:** He washed his hands with soap and water for 20 seconds)

THE POWER OF SOAP

It's really important to make sure you wash your hands properly to get rid of germs. Chara is using her app to help Bruno make sure his hands are properly clean. But – uh oh – these pictures are all out of order! Can you work out what order they should go in?

Write numbers 1 to 6 in the top corner of each picture to tell the story.



“Touching things isn’t the only way to pick up germs. They also spread through dirty water and through the air, so you can catch them when people cough, sneeze or even breathe on you!”

Activity.

Write or draw the procedure for handwashing

