



LESSON 2B HOW SHOULD YOU WASH YOUR HANDS?

40
MINS TOTAL

Learning Intentions

This lesson will help students to:

- › Demonstrate the correct handwashing procedure
- › Identify what they need to wash their hands effectively
- › Track the correct amount of time to spend washing their hands

Resources

To deliver this lesson, you will need:

- › Student Poster 1B – 1 per student
- › Access to student handwashing facilities (e.g. wash station), including:
 - Soap
 - Clean, dry tissues or paper towels (or hand-drying facilities)
 - Clean running water
 - Moisturiser (optional)



Teacher Tip

STUDENTS WITH SENSITIVE SKIN?

Washing with soap can dry your hands out, and some students may have allergies or skin conditions that could make them sensitive to soap. It's a good idea to check if your students have any particular needs before trying this lesson.



Teacher Tip

NO SUITABLE HANDWASHING FACILITIES AVAILABLE?

This lesson could be delivered in a classroom using large bowls of water instead of sinks.

You could also practise the steps 'dry' and ask students to imagine they are using soap and water. Students will get much more out of the activities if they can practise for real, though.

Once the activity is completed, if biodegradable hand wash is used, the water can be recycled and used to water and pot plants or outside garden beds.

Curriculum Links

- › Health & Physical Education: Personal, Social and Community Health Foundation - [ACPPS006](#) / Years 1 & 2 - [ACPPS022](#)
- › Supporting outcomes English: Literacy Foundation - [ACELY1650](#) / Year 1 - [ACELY1660](#) / Year 2 - [ACELY1670](#)

1 - SET THE SCENE

5
MINS OPTIONAL

Ask

- › **Replay the animation**

Think back to the Hygiene Quest cartoon:

- › The first time the characters tried to clean the hand, it didn't work. Why not?
(ANSWER: They did not use soap)
- › Why did it work the second time? What did the characters do differently?
(ANSWER: They used soap for 20 seconds)
- › What are the 6 steps to hand washing?

2 - DEMONSTRATE HANDWASHING

10
MINS ESSENTIAL

Explain

- › *How* you wash your hands is just as important as whether or not you wash them
- › You need to use soap and clean water – water alone will not get rid of the germs



- » Washing your hands should take at least 20 seconds
- » You need to make sure every surface of your hand has been cleaned, including under your nails and between your fingers. Otherwise, some sneaky germs could still be there
- » Always dry your hands with a clean, dry towel – germs spread more easily from wet hands
- » We are now going to practise how to wash our hands correctly

Demostrate

- » **Give** each student access to a copy of **Poster 1B**
- » **Demonstrate** each step of the handwashing procedure using soap and clean water
- » **Instruct** students to **follow along, mirroring** your actions with their own hands and **matching** the actions with the pictures on the handout
- » **Repeat** the demonstration **two or three times** until you feel that students have got the hang of the steps



Teacher Tip

WHEN TO CONDUCT THIS SESSION?

Best to conduct this lesson just before a food break, or after coming inside from a break so they are prepared for the next part of the day.

3 - PRACTICE MAKES PERFECT



Practise

- » **Divide** students into **small groups** of three or four
- » *Instruct* students to **take it in turns demonstrating** the handwashing procedure to their group
- » Other group members should **watch** carefully and **follow** the demonstration using their **poster**
- » Take turns counting to 20 or sing 'happy birthday' twice
- » If a member of the group thinks that the student demonstrating has **skipped** a step or done it incorrectly, they should **remind** the student of what they missed
- » Each student should **repeat** the demonstration to their group until everyone in the group is satisfied that the demonstration was done correctly



Teacher Tip

MAKE SURE STUDENTS KEEP THEIR POSTER DRY!

Pre-laminate the card instructions as this activity can get quite wet! Display a digital version on your interactive whiteboards.



Teacher Tip

MOTIVATE STUDENTS BY MAKING IT A CHALLENGE

Set students the challenge of timing each group to see if they can meet the minimum 20-second duration. Use stopwatches to add to the fun.

4 - CHECK UNDERSTANDING



Ask

Ask each group:

- » What went well in your group and what didn't go so well?
- » Were there any particular steps that you kept forgetting?
- » Which steps needed the most practice to remember them?

Instruct

Instruct students to think about **one handwashing step** that they **forgot** when they were practising with their group. As students leave the room, **ask** each student to tell you which step they are going to practise the next time they wash their hands.

POSTER 1B

PRACTICE MAKES PERFECT

"You have to wash your hands the correct way if you want to defeat the germs! So I've whipped up this worksheet to help you remember what to do."



STEP 1



Wet your hands

STEP 2



Put soap on both sides of your hands

STEP 3



Interlink your fingers and rub your palms against each other

STEP 4



Rub the back of your hands

STEP 5



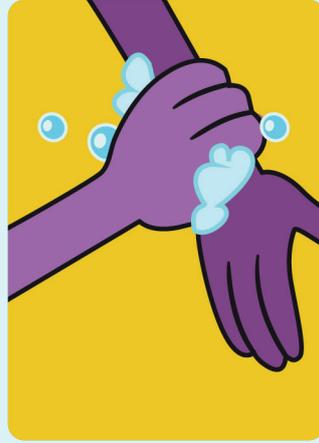
Clean around your thumbs

STEP 6



Clean your fingertips and under the nails

STEP 7



Rub your wrist

STEP 8



Wash and dry your hands with a clean, dry towel