



# LESSON 3 WHEN SHOULD YOU WASH YOUR HANDS?

55 MINS TOTAL

## Learning Intentions

This lesson will help students to understand:

- › When they should wash their hands
- › How to build handwashing when necessary into their daily routines

## Resources

If you are delivering the full 1-hour lesson, you will need:

- › Student Worksheet 1E – 1 per student
- › Poster 1C

## Curriculum Links

- › Health & Physical Education: Personal, Social and Community Health Foundation - [ACPPS004](#) / Years 1 & 2 - [ACPPS021](#)
- › Supporting Outcomes English: Literacy Foundation - [ACELY1646](#) / Year 1 - [ACELY1660](#) / Year 2 - [ACELY1670](#)

## 1 - SET THE SCENE

10 MINS OPTIONAL

### Explain

- › **Replay the animation**
- › **Think** back to the Hygiene Quest cartoon: the Protector wants to protect the Hidden Reach from germs, but needs to know where the germs are coming from
- › **Brainstorm** as a group or **divide** the students into small groups of three or four

### Ask

- › **Ask** each group to record a list of different activities in their day where they might pick up germs on their hands. For example:
 

<input type="radio"/> Going to the toilet	<input type="radio"/> Playing outside	<input type="radio"/> Touching rubbish
<input type="radio"/> Eating food	<input type="radio"/> Touching dirty things	
- › **Ask** one student from each group to share a couple of ideas with the class

### Explain

- › We must wash our hands whenever they look dirty to stop ourselves from catching or spreading germs
- › But we don't just wash our hands when we can see that they're dirty – we can't see germs with our own eyes
- › There are certain activities where we should always wash our hands: sometimes before, sometimes after, and sometimes both

## 2 - WHEN SHOULD WE WASH OUR HANDS?

20 MINS ESSENTIAL

### Introduce Activity

- › **Divide** the room into three areas – **before**, **after** and **both** (students will move between these areas)
- › **Read** the **statements** below aloud and **ask** students whether they should wash their hands **before**, **after**, or **both before and after** doing each activity
- › **Ask** students to move to the correct area of the room
- › **Select** students to **explain** why they chose their answer
- › On the next page are some possible answers



## Statements

- › Eating an apple at breaktime  
(ANSWER: Before – so you don't get germs on the apple)
- › Blowing your nose  
(ANSWER: After – to wash off the germs from inside your nose)
- › Making a sandwich for lunch  
(ANSWER: Both – so you don't get germs on the food before you eat it and afterwards to remove any food from your hands)
- › Touching an animal at the zoo  
(ANSWER: After – to wash germs off your hand that may have been picked up from the animal)
- › Putting on a bandaid  
(ANSWER: Before – so germs do not transfer from your hands to the cut/bandaid)
- › Picking up a piece of rubbish off the floor  
(ANSWER: After – to wash off germs that may have been picked up from the rubbish)



## Teacher Tip

### DIFFERENTIATION IDEAS SUPPORT

Make three colour-coded signs, one for before, after and both to visually remind students where they need to congregate.

### CORE

Give each student a mini-whiteboard that they can write before after or both on and ask them to hold up their answers.

### EXTENSION

Ask each student to make three cards, one saying before, one saying after and one saying both, and ask them to show their cards.

## Explain

- › You should wash your hands before touching a wound or something you will eat
- › If you can see that your hands are dirty, you must wash them
- › If you come into contact with invisible germs, like blowing your nose or touching something in public, you must wash your hands

## 3 - WORKSHEET 1E



OPTIONAL

### Instruct

- › Give each student access to a copy of **Worksheet 1E**
- › Explain to them that Bruno is not sure when he should be washing his hands
- › Instruct the students to tick the correct option: **before or after**
- › Emphasise that some pictures might be **both before and after**

### Check Answers

- › Check students' answers:
  - Bruno eating a snack  
(ANSWER: Before)
  - Bruno playing outside  
(ANSWER: After)
  - Bruno blowing his nose  
(ANSWER: After)
  - Bruno touching a door handle in a busy public place  
(ANSWER: After)
  - Bruno patting a dog at the park  
(ANSWER: After)
  - Bruno helping his mum prepare dinner  
(ANSWER: Both)
  - Bruno taking out the rubbish  
(ANSWER: After)
  - Bruno going to the toilet  
(ANSWER: After)
  - Bruno taking care of a sick family member  
(ANSWER: Both)
- › Ask the students to explain why they have chosen those options
- › Correct any incorrect answers and misconceptions
- › Draw attention to the fact that they should wash their hands even if the dirt can't be seen



## 4 - REINFORCE UNDERSTANDING

10  
MINS  
OPTIONAL

### Ask

- **Ask** students when they should wash their hands during the day
- **Give** the students time to think
- **Ask** students to give examples of daily routine activities, e.g. “After I go to the toilet” or “After playing outside with my friends” – the next student gives a different answer and so on until no new answers can be given



### Teacher Tip

#### REINFORCE STUDENTS UNDERSTANDING

Print out Poster 1C as a poster and display near sinks and wet areas as a prompt for students to wash their hands after certain activities

# WHEN SHOULD YOU WASH YOUR HANDS?



Bruno is finally getting the hang of when to wash his hands.

He's made a guide to show you some examples of when to wash your hands.



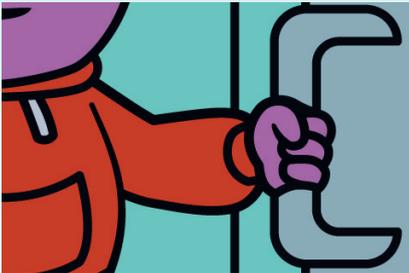
After going to the toilet



After playing outside



Before and after preparing food



After touching something in a public place



Before eating



After coughing, sneezing or blowing your nose



After touching an animal



Before and after taking care of someone who's sick



After handling rubbish



*"Don't forget! Your hands aren't the only things that can pick up germs. Make sure you shower or bathe regularly with soap to keep those germs away."*

## WORKSHEET 1E



# WHEN SHOULD BRUNO WASH HIS HANDS?

Bruno is confused about whether he needs to wash his hands before or after (or even both before and after) doing these activities. Can you help him work it out?

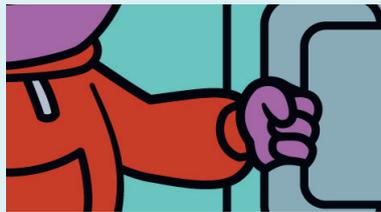
**Here's Bruno doing some activities – when should he wash his hands? Tick the correct answer(s) under each picture.**

**TIP**

**REMINDER!** 2 boxes may sometimes need to be ticked if you choose before and after.



Before      After

Before      After

Before      After

Before      After

Before      After

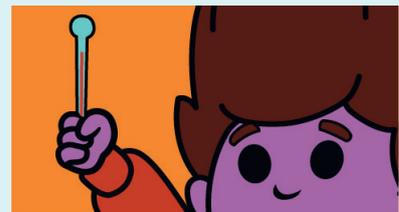
Before      After

Before      After

Before      After

Before      After

**Write and draw 5 more times you might need to wash your hands before and after an activity.**



*“Don't forget! Your hands aren't the only things that can pick up germs. Make sure you shower or bathe regularly with soap to keep those germs away.”*