

Why do we need to wash our hands?



Keywords

Soap
Dirty

Water
Germs

Hygiene
Thoroughly

Clean
Invisible

Bacteria

Resources and materials

Who's in the loo - Jeanne Willis
Keyword list
Card
Sticky tape
Felt tip pens
Lolly sticks
Felt
Sewing needle
Puppets
Sand timer
Soap
Hand towels

Teacher's note

Some parts of this plan have been created to be carried out in individual focus groups. Displaying the key words and images of hygiene and handwashing will encourage children to independently make sure that regular effective hand washing becomes part of their daily routine. Key words and images could be displayed both indoors and / or outdoors in the handwashing area, next to the water tray (where they can practise hand washing techniques), role-play area or near messy/creative activities.

Introduction

Everyone has a right to safe water and sanitation. Unfortunately in some of the world's poorest communities, this is not the case. WaterAid wants to change this by ensuring that everyone, everywhere has access to safe water, sanitation and hygiene education by 2030.

Today, over 315,000 children die every year in the developing world from diarrhoeal diseases caused by unsafe water and poor sanitation. That's 900 children a day. This can be significantly reduced simply by washing hands with clean water and soap.

Just as in the developing world, it is crucial that we teach children from a young age about the importance of hygiene. This plan is focused on the picture book 'Who's on the loo?' by Jeanne Willis. It intends to stretch the imagination of the children reading it and explore questions that come up as the story unfolds – Who's in the loo? Why are they taking so long to come out? What are they doing that is taking them so long? The plan also encourages children to think about the importance of effective hand washing and aims to encourage children to become more independent and responsible for their own personal hygiene. In some of the world's poorest communities, WaterAid does this by educating and passing on the message to young children that by washing our hands at crucial times throughout the day, we prevent the spread of germs, which can cause illness and even death.

Each year we celebrate **Global Handwashing Day** on **15 October**. On this day we can help spread the message of hygiene to others. We look forward to your school participating in the celebrations by taking part in various fun activities.

Curriculum links

Communication and Language: Discussing how to wash hands effectively. Speaking, listening and confidence building through role play. Developing understanding of the importance of handwashing.

Literacy: Reading 'Who's in the loo?' and hand washing key words. Writing sentences about hand washing. Encouraging development of linking sounds and letters.

Understanding the world: Developing an understanding of hygiene in their world around them.

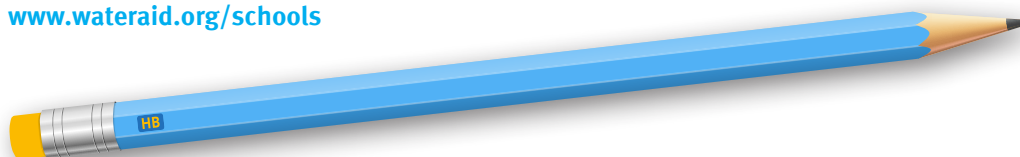
Expressive arts and design: Explore and play with various materials, sharing thoughts, ideas and feelings about their puppets whilst making them and through role play.

Aims and outcomes

- To teach children the importance of washing hands from an early age through reading, discussion, play and role play.
- To teach children how to wash their hands thoroughly through demonstrations, sharing ideas and role play.
- To begin to consider the fact that in some places far away, children do not have what they need to wash their hands and stay healthy.

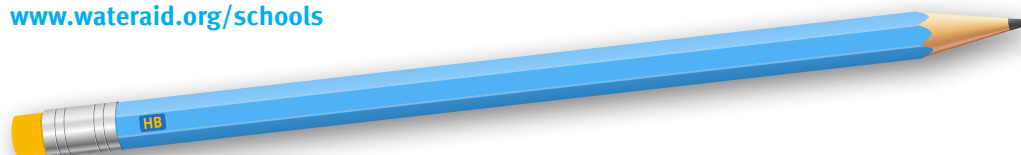
Lesson Plan

Key question	Activity	Resource	Timing
I can listen to a story and discuss its message.	<p>Whole carpet session:</p> <ul style="list-style-type: none">• Read the book 'Who's in the loo?' to the children. Before you get to the part where the story reveals who is in the loo, ask who they think is in the loo, what are they doing and why are they taking so long?• When you have finished reading the book, discuss with the children why it was taking the octopus so long to wash its hands? Because he has so many hands... eight!• Explain that washing eight hands does take longer than washing two hands. But the octopus wanted to make sure that he washed each hand thoroughly. <p>Questions to ask:</p> <p>What does the octopus need to wash his hands thoroughly to ensure they are really clean? If the octopus didn't care much about his hygiene and trying to stay healthy, do they think he would have taken so long? Ask the children if they think that the people who were waiting to use the loo minded waiting a little longer now that they know the octopus was taking good care of his hygiene?</p>	Book: 'Who's in the loo?'	15 minutes



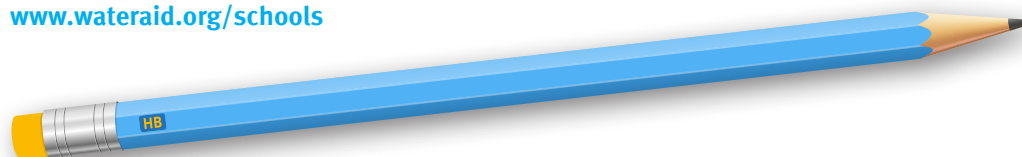
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	<ul style="list-style-type: none"> Ask the children to look at their own hands, back and front. Then ask them how they can take good hygienic care of their own hands. When should they do this? <p>Discuss visible and invisible germs, bacteria and dirt. Explain that when they play doing various activities and they look at their hands, their hands may look clean but actually they are not because they have germs, bacteria and dirt that may not be visible.</p> <p>This is why every time we eat we must wash our hands before so that the germs do not go into our tummies and upset them, making us feel unwell.</p>		
I can use various materials to create hand puppets	<p>Creative : Making hand puppets</p> <p>Early Years:</p> <ul style="list-style-type: none"> Ask the children to draw around one of their hands on a piece of card and cut it out (assist where needed). Next ask the children to choose a word from the key words list. Explain to the children that the chosen word will be the name of their hand puppet. Once they have chosen a key word, ask the children what they think their hand puppet would look like? For example, Mr/Miss Dirt would look dirty. Ask how can we make Mr/Miss Dirt look dirty? Encourage the child(ren) to colour some stains on their Mr/Miss Dirt. Some could draw the back of the hand showing the finger nails and colour some dirt on to get them thinking about dirt and bacteria under their nails too. Explain to the children that it is always a good idea to have short nails and that an adult at home should cut their nails regularly because this prevents germs from hiding under them <p>Questions to ask: How do you think Mr/Miss Dirt became dirty? Answers could include: Picking his/her nose, sneezing into her hands, using the toilet, playing outside, playing with pets, doing a messy activity like painting, plasticine, playing in mud or soil, planting flowers, playing in the park etc.</p>	<p>Key word list Card Sticky tape Felt tips Lolly sticks</p> <p>Felt Thick sewing needle</p>	30 mins



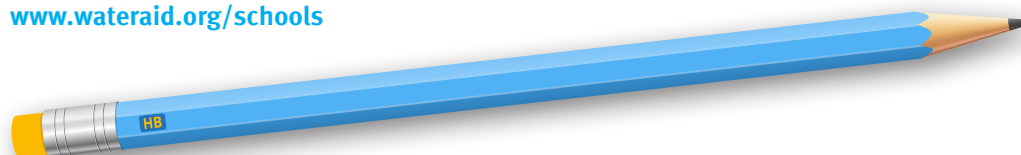
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	<ul style="list-style-type: none"> Using sticky tape, stick a lolly stick to the back of the hand puppet. Ask the child(ren) which of the other hand puppets could teach Mr/Miss Dirt about being the importance of looking after your hands? For example, Mr Clean, Miss Hygiene, Soap and Water. <p>Older age group Older children could make hand puppets by drawing around one hand (or finger) on to felt. Cut around the hand shape on to two pieces of felt. Sew the felt together to make a finger/hand puppet. Supply already prepared cut out pieces of water splashes, soaps, germ specks, dirt patches etc for the children to stick onto their chosen hand puppet. Discuss as above.</p>		
I can use role play to explain why we need to wash our hands	<p>Teacher and TA role play</p> <ul style="list-style-type: none"> Model a discussion using hand puppets and ensure key words are used. <p>Example of a conversation between Mr Germs and Baby clean:</p> <p>Baby Clean: Hello Mr Germs, how are you today? Mr Germs: I'm a bit tired actually because I've been playing outside all day! So I'm going to eat some dinner and then go to bed. Baby Clean: Remember to wash your hands before you eat because you have been playing outside and your hands look rather dirty. Mr Germs: My hands are not dirty... look! (wiggle fingers and turn back and front) Baby Clean: Oh no Mr Germs, your hands have got a bit of dirt on them look (point to Mr Germs hand) they are dirty! Even if you can't see all the dirt, you still have germs and bacteria on your hands. And what about under your nails? Do you know you could get an upset tummy if you put germs in your mouth? Mr Germs: No not really, never thought about it to be honest. Sometimes I just splash water over my hands and wipe them on my trousers. (Turn Mr Germs to the children and say "Don't you do that sometimes too?" Okay let me go and splash water over my hands.</p>	Puppets	15 mins



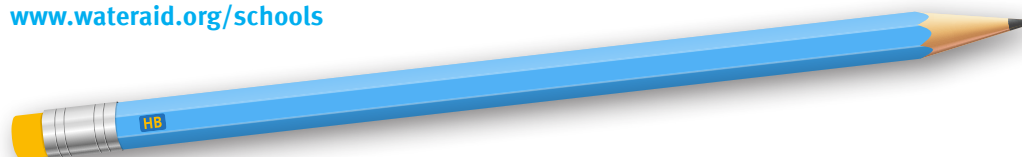
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Key question	Activity	Resource	Timing
	<p>Baby Clean: Oh no, you can't just splash water over your hands, that won't clean them properly! It is very important to be hygienic you know! You SHOULD always try and wash your hands with soap and preferably warm water, but if there is no warm water, cold will do. Pour a little water over your hands, squirt two pumps of soap and mix the soap and water together all over your hands, front and back and in between fingers for a few seconds and then rinse...</p> <ul style="list-style-type: none"> • Encourage children to re-enact the role-play with their peers, using the key words to explain why it is important to clean hands thoroughly. Puppets could be left in the role play area where children can freely access them and do independent role play. 		
I can discuss why it is important to do effective hand washing	<p>Whole class carpet session</p> <ul style="list-style-type: none"> • Watch the YouTube clip as a class and explain to the children that the children are singing in a different language: <p>www.youtube.com/watch?v=Ng84yVgb_dl</p> <ul style="list-style-type: none"> • Play the clip again and stop it at various parts and ask the children / discuss what is happening in the video. <p>Ask:</p> <ul style="list-style-type: none"> - What were the children doing before they washed their hands? - What is needed to clean their hands effectively and thoroughly? - Even if the children were not playing outside, would they still need to wash their hands before they ate? - Discuss other times when they should wash their hands. Ask the children if we can see all dirt? Why not? Encourage children to use some of the key words in their explanation. Answers could include: Not all dirt, bacteria and germs are visible, so to be sure that our hands are healthy and clean, we need to wash them thoroughly with soap and water. (prompt where needed) 	<p>YouTube video</p> <p>Sand timer</p>	15 mins



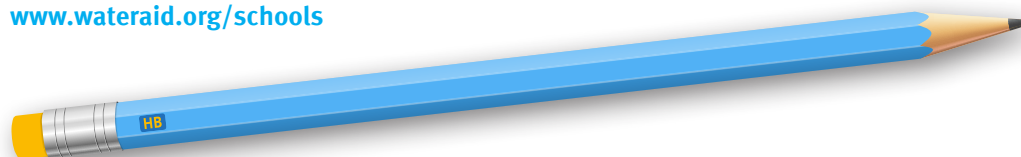
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	<ul style="list-style-type: none"> Explain to the children that when they wash their hands it should take about a minute. Use a sand timer to demonstrate how long a minute is. Ask the children if they can think of a song to sing while washing their hands. For example, 'This is the way we wash our hands...' Practise singing the song for a minute until the sand timer runs out. 		
I can do effective hand washing.	<p>Practise hand washing</p> <ul style="list-style-type: none"> Explain to the children that the octopus from 'Who's in the loo?' was probably washing his hands in a similar way because he wanted to make sure that his hands were clean by washing away all the germs. Model effective handwashing as follows: Wet hands, put soap onto palms and rub together, front and back, in between fingers, using tips of fingers to make a rotating motion on each palm and wrapping hand around each thumb and twisting. Explain that you are getting into places that we may neglect usually and point the parts out in between fingers, finger tips, under nails, on the back of hands and wrists. Rinse hands thoroughly and dry them with a paper towel. Now repeat the process with the one minute timer and singing the chosen song. Now it's the children's turn. In pairs allow one child to observe their partner as they wash their hands. They need to ensure that their partner remembers to clean all the places they were shown. When the timer has finishes, their partner can tell them how well they have done. Did they finish in time? Did they use too little soap or too much soap? 	<p>Washing station</p> <p>Soap</p> <p>One minute timer</p> <p>Hand towels</p>	15 mins



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I can write sentences about and washing	<p>Writing / drawing / discussion:</p> <ul style="list-style-type: none"> • Discuss the different times when we should wash our hands. • Children should write a sentence (or verbally explain) about when they should wash their hands. For example, 'Hands get dirty when..' 'I need to wash my hands before I...' 'I need to wash my hands after I...' <p>Children can then draw a picture to go with their sentence / idea.</p> <p>Extension: Children write a sentence about why the octopus was taking so long in the loo. Encourage the children to use key words. For example, the octopus was taking so long in the loo because he/she had to make sure his/her hands were really clean and wash the germs away with soap and water. He/she likes to be hygienic.</p>	Pencils Paper	10 mins
I can create a display about hand washing	<p>Create a 'Who's in the loo?' wall display.</p> <ul style="list-style-type: none"> • Make an octopus appropriately sized to fit the display area. Put the children's sentences and pictures around the octopus. Higher order questions can be included on the display. For example, 'When do we need to wash our hands? What do we need to wash our hands? Why should we wash our hands often?...' • Children should be encouraged to look at the display and think about / discuss the answers. <p>Class book:</p> <p>Present children's work in a class book. The book could be kept in the book corner, where they can have access to it. The children can use the book to remind themselves about the importance of hand washing.</p> <p>Thinking globally:</p> <p>Explain to the children that in some parts of the world, children do not have clean water and soap to wash their</p>	Materials appropriate for a display or class book	1 hour



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	<p>hands. Now that they have learnt about the importance of handwashing, why do they think that this is a problem for these children? What would they like to do to help these children? Gather the children's ideas and create a 'hopes and wishes' tree for the children that don't have clean water and soap.</p> <p>Explain that WaterAid wants to help everyone have clean water and soap to stay healthy. They raise money to teach children about handwashing and to get clean water to them. Discuss if there is anything that you can all do to help with this work. Invite parents to take part and come up with ideas.</p>		

