

# CAPTAIN CREATE<sup>™</sup>

## HANDWASHING

For 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Grades



**OBJECTIVE 1:** Students will learn why handwashing is important.

**OBJECTIVE 2:** Students will learn the proper way to wash hands.

**OBJECTIVE 3:** Students will learn when to wash hands.

### MATERIALS NEEDED:

- 11 x 17 Laminated Posters of Soaper Man, Water Woman and Dry Boy (In FFR kit) or print from [www.soaperhero.org](http://www.soaperhero.org) under Teacher Features or e:mail darlene.Christensen@usu.edu for a new set of laminated posters
- Handi-wash Unit (given to each county in 2015) in large flat denim bag – includes large black light and Glitterbug potion lotion (glow in the dark)
- OR Blacklight flashlight & Glitterbug potion (mailed Feb 2021)
- OR Two Plush Germ monsters toys AND Glitterbug powder (mailed Feb 2021 or given at 2020 fall 4H trng)
- Two large hand clappers (Mailed Feb 2021 or given at 2020 4H fall trng)
- Colored cones (In Captain CREATE kit given at 2019 conference)
- Two Plastic Poly spots (In FFR kit given at 2018 conference)
- Tasting Experience Ingredients and Supplies (listed in Tasting Experience section) Handi snack or Health Hand Whole Grain Cookies (hand cookie cutter and plastic gloves mailed Feb 2021 or given 2020 4h fall trng)
- Soaperhero Coloring Sheets; Soaperhero Maze or Soaperhero Crossword (depending on grade) available at [www.soaperhero.org](http://www.soaperhero.org)
- Soaperhero Parent letter – available at [soaperhero.org](http://soaperhero.org) under Teacher Features



### HANDWASHING MESSAGE:

Instructor Note: Before lesson – Option 1: Set up hand-i-wash station or Option 2: Set pit black light flashlight and Glitterbug lotion or Option 3: Apply small amount of

Glitterbug powder on two germ-monster plush toys **before class so students cannot see it being done.**

*Sample text for instructor is in blue font*

Today we are going to talk about the importance of handwashing. There are three main things you need to wash your hands. To help us keep them in mind I'm going to share with you the Soaper Heroes. Hold up 11 x 17" posters of Soaperheroes as you talk about each one. Of course, the first thing we need is soap – this is Soaper Man! Next we have Water Woman. Show Water Woman poster. Get your hands wet, then add soap. Lather soap for 20 seconds. Make sure to rub and scrub away from running water- otherwise it will all run down the drain. Not sure how long 20 seconds is? Try singing the ABC song twice. Rinse hands. Next, we have the Soaper Hero Dry Boy. Show Dry Boy poster. Germs like wet and warm places. Drying your hands helps finish the hand washing process.

Who can tell me when we should wash our hands? Allow children to give a few answers. Possible and appropriate answers: Before you: Eat or prepare food; take care of someone who is ill; bandage a cut or sore. After you: go to the bathroom, blow your nose, cough or sneeze, touch an open sore, play outside, pet an animal, use items another person would touch like grocery store cart or toys, handling raw meat or eggs.

Did you know germs are invisible? Everyone hold up your hands with the palm up. Look closely- can you see any germs? No, right? But we know they are there! We are going to use a special lotion that will show what germs might look like if we could see them. We will see white areas on your hands where PRETEND germs might be by shining a black light on hands. Remember which areas were in particular white so you can remember to focus on those areas when you wash your hands.

#### Black light and Glitterbug Lotion -

Option1: Hand-i-wash - Teaching with the hand-i-wash: Pull out the corrugated boards and fabric cover. Use Velcro to attach boards into a box. Place fabric over it with opening matching up to opening in boards. Turn on black light and set inside box or hold up to help show people "pretend germs". The unit is designed to fit over any standard counter sink. By ducking into the unit and washing, individuals can view the lotion being removed as they scrub. If using the hand-i-wash on a desk, have children place hands flat to see where white spots are. Ask children to turn over to see as well. Point out the white on the table from people before them. If you have time, ask the students to go wash their hands and come back to see how many pretend germs they have removed.

Option 2: Use blacklight flashlight and glitterbug lotion. This option works well if it is a situation you need children to stay seated. Walk around and place lotion on hands. Then turn off the lights and walk around to the children with black light to show them pretend germs. If you have time, ask the students to go wash their hands and come back to see how many pretend germs they have removed.

Option 3 – Germ monster plush toys and Glitterbug powder

At beginning of lesson toss the germ-monster toys around to different students as you are discussing the importance of handwashing. After the discussion ask students to look at hands under black light. This will demonstrate how germs can easily be transferred between people. Powder can often be found on faces and other areas that have been touched.

## ON THE MOVE:

*Sample text for instructor is in blue font*

We are going to play a fun game that involves a lot of moving. So get ready to be active! For this game, the class will divide into two teams. Each team has a starting point (marked by a poly dot) and a colored cone for each team set up across the room. Give first student on each team the large hand clapper. *When I say go, the first student will start clapping the large hand clapper and begin running to color cone. Run around cone with the clapper still clapping back to the next student in line. Hand off clapper. You will continue until each student in your line has had a turn. Make sure your plastic hands are clapping loudly as you run or you may be asked to start your turn all over again!* Play game. *Great job everybody! Now let's make a fun hand theme snack!*

## TASTE EXPERIENCE

\*Before giving a snack make sure you ALWAYS check for any allergies.

Healthy Hand Whole Wheat Cookies OR Handi Snack (popcorn & crackers in plastic glove)

### **Handi Snack**

Supplies needed:

Plastic gloves (in youth programming kit mailed 2020 CBH conference)

Popcorn

Raisins or Colored Whole Grain Goldfish Crackers

Fill each glove's finger and thumb with a few raisins or goldfish crackers. Finish filling glove with popcorn. Twist and tie with ribbon or twist tie.

OR

## **Healthy Hand Whole Grain Sugar Cookies**

Bake ahead of time using hand cookie cutter (in youth programming kit mailed 2020 CBH conference)

## **Healthy Hand Whole Grain Sugar Cookies**

Bake ahead of time using hand cookie cutter (Mailed Feb 2021 or given at 4H fall trng)

Whole Wheat Sugar Cookies Recipe

Ingredients:

2 1/2c. whole wheat flour

1/2 tsp. salt

1/4 tsp. baking soda

1/2c. butter softened

1/2c. granulated sugar

1oz. Neufchatel cream cheese (1/3 less fat)

1 large egg

1 tsp. vanilla

OPTIONAL Frosting:

1/2c. powdered sugar

2Tbsp. plain Greek yogurt

1/4tsp. zested lemon rind

Directions:

In a medium bowl mix the butter, granulated sugar & cream cheese together until light & fluffy, about 3 minutes. Add egg and vanilla, mix until well blended. In a speared bowl, whisk together flour, salt & baking soda. Gradually add flour mixture to butter mixture, mix until just combined. Flatten dough into a 6-inch disc, wrap in plastic wrap and chill for 1 hour. After dough is chilled, preheat oven to 350 degrees. Spray a cookie sheet with non-stick cooking spray. Roll dough to 1/4 inch thickness on a lightly floured surface. Use a cookie cutter to cut shapes from the dough, rerolling scraps as necessary. Place cookies 1 inch apart on cookie sheet. Bake 10-12 minutes or until lightly browned at the edges. Let cookies cool.

OPTIONAL ICING: To prepare icing, whisk together powdered sugar, yogurt and lemon zest. Drizzle over cooled cookies. Top with sprinkles or sparkling sugar if desired. Let icing set 15 minutes before serving.

While children are enjoying the snack hand out soaperhero color sheet, maze or crossword to work on while eating snack. Give soaperhero parent letter to teacher to send home with students.

While we are enjoying our snack, let's talk more about handwashing. Why is handwashing so important?

Our hands are covered with millions of germs (or microbes). Some are harmless, but others can make us sick. Nobody enjoys having a cold, the flu or diarrhea, right?

Proper hand washing (for at least 20 seconds) helps to remove harmful germs from your hands. You can protect yourself from illness by washing your hands because you can pass germs to your mouth, nose, eyes or an open sore. Hand washing also prevents spreading germs to other people.

Germs can also be lurking on objects, like pencils, handles, phones, and doorknobs. If the person that used the object before you didn't wash his or her hands, germs can be passed on to you.

According to the Centers for Disease Control and Prevention, "Hand washing is the single most important means of preventing the spread of infection."

### **When should you wash your hands?**

#### **Before you:**

- Eat or prepare food
- Take care of someone who is ill
- Bandage a cut or sore
- Put contact lenses in and out

#### **After you:**

- Go to the bathroom
- Blow your nose
- Cough or sneeze
- Touch an open sore or cut
- Handle dirt when gardening
- Change a litter box
- Change a diaper
- Pet an animal
- Use items after another person; such as grocery carts, toys, etc.
- Handling raw meat, fish, poultry or eggs