



# HANDWASHING

## For 4-6 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:

- 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 training)
- Six small colored balls (In Captain CREATE kit given at 2019 conference) OR other small balls you may have in office
- Four small trash cans or baskets
- Optional: Two plastic poly spots (In FFR kit given at 2018 conference)
- Tasting experience ingredients and supplies (listed in Tasting Experience section) Handi snack or Healthy Hand Whole Grain Cookies (hand cookie cutter and plastic gloves mailed Feb 2021 or given 2020 4H fall training)



### HANDWASHING MESSAGE:

Instructor Note: Before lesson – Option 1: Set up hand-i-wash station or Option 2: Set up 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. According to the Centers for Disease Control and Prevention, “Hand washing is the single most important means of preventing the spread of infection.” Nobody likes being sick- and there are simple things we can do to help prevent it.

It seems pretty simple to wash your hands, yet researchers recently discovered that only 40% of people wash hands for long enough. People often miss areas on the hands

as well. You've probably heard that you should wash hands for at least 20 seconds. That doesn't sound like a long time, does it? Let's go through the steps and then pretend to scrub for 20 seconds. First, 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, which defeats the purpose. Include wrists, between fingers, finger nails and tops of hands. Rinse hands. Turn faucet off with paper towel. Drying is just as important as washing. Germs like wet and warm places. Have you ever watched someone wipe their hands lightly on their pants or leave with wet hands altogether? Drying hands helps finish the hand washing process.

When it is time to leave a public bathroom, it is important to remember that not everyone washes hands, so touching a door knob could get germs on hands again. Use a paper towel or the edge of your shirt to open the door. Think back to the last time you washed your hands – how close was it to the process we just talked about? If you didn't do so well, don't worry- you'll have a chance to practice now.

Germs are invisible, right? Everyone hold up your hands with the palm up. Look closely- can you see any germs? No - but we know they are there! We are going to use a special lotion, which some of you may have used before, that will show what germs might look like if we could see them. You will see white areas on your hands where PRETEND germs might be by shining a black light on hands. Remember which areas were white so you can remember to focus on those areas when you wash your hands. Although the lotion and resulting white area doesn't indicate real germs, it can give you a good idea of areas you may miss when washing 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 the 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.

If times allows: Ask children to go wash hands and return to check to see how well they did. Recheck areas on hands that had white on them before.

## **ON THE MOVE:**

*Sample text for instructor is in blue font*

### **Basket Shot When to Wash Relay Race**

Split class into two teams. Have teams line up behind one poly dot. Place basket with three balls by each team line.

We are going to test your ball throwing skills as well as your handwashing knowledge today. One team at a time, the first player will name a time when hands should be washed. I'll write down what you said on the board, then you can try to throw the ball into the basket. If ball makes it into basket, move onto next player. If not, player can keep trying until ball goes in. Now it is the second teams turn. Name a different time to wash hands. Afterwards, toss ball. If a team can't think of a time to wash hands, then their turn is forfeited. Once all three balls are in the basket, a winner is announced. Move balls back over to other side of room and continue playing as time allows.

Possible and appropriate answers:

#### **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

## **TASTE EXPERIENCE**

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

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

### **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 ¼ 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 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?

A good way to prevent the spread of infection is to think about your face's "T Zone". Germs can easily be spread through eyes, nose and mouth – the t-zone. Avoid touching those areas.

Germs can also be hiding 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.

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

#### References:

[www.soaperhero.org](http://www.soaperhero.org). Utah State University Extension.

<https://www.cdc.gov/handwashing/index.html> Centers for Disease Control.