Lesson Theme: Understanding germs and how they are spread.

Learning Objective: The student will demonstrate the proper hand washing technique. The student will state five occasions to always wash hands.

HYGIENE LESSON
Lesson Requires:
- Picture of a germ
- Play dough in the colors: red, yellow, white and brown
- Plastic fly
- Glitter
- High Five Time flipchart

Hand out some play dough to several children and ask them to make some type of food. While they are making food, you, as the leader, should make a pile of poop with the brown play dough. Put glitter on top of the poop. Attach a small piece of play dough to the fly so the glitter will adhere to it. Have the fly land on the poop.

Sample conversation:

Leader: The fly has poop on his feet. How many feet does a fly have? (Six feet and that can be a lot of poop.) I put glitter on the poop to represent germs. This shows you how easily the germs can be spread from one place to another.

Go to each person that has made food and have the fly land on it. Have the fly go from poop to food, to poop to food. Then have the fly land on the arms and hands of other children.

Leader: We just saw how a fly carries germs from place to place. The germs are in each of the foods and on the hands and arms of our friends. So how are we going to stop the germs from getting into our food? (Listen to their answers. Wash our hands, cover our food, bury our poop, pen our animals.)

Leader: We have learned another way germs can get into our bodies. The nasty fly gets germs on its feet from the poop and then lands on the food. We eat the food
and the germs get into our mouths. But, if we cover our food we stop the fly from spreading germs.

**Leader:** What about the fly that landed on some of the children’s hands? How would they get the germs off their hands? Remember, the most important thing you can do to keep your body healthy is to wash your hands. Washing your hands is so important we are going to learn a saying that will help you remember when to wash your hands. It is called **High Five Time**.

Teach the children this series of movements to help them know when to wash their hands. It is called the **High Five Time**. They will turn to the person next to them and give them a high five. Then everyone will say together the five times you always need to wash your hands. You can also use the flip chart as you say the five times.

- Before eating food—pretend to eat with a spoon
- After using the latrine—quickly squat and stand up
- After caring for animals—make an animal sound
- After sneezing or caring for someone who is sick—pretend to sneeze
- When hands are dirty—look at your hands and say, “YUKK!”

**Leader:** **High five time**! (Everyone should be giving the person next to them a high five and then everyone together should say the five times you always wash your hands.)

**Leader:** **We need to remember the High Five Time**. (Go through the flip chart again.) **Let’s wash our hands and keep ourselves and our families healthy.** (Go through the proper way to wash your hands and have the children do it with you.)

- Wet hands
- Use soap
- Scrub hands for at least 30 seconds We will count while we are washing our hands, and we will rub the palms of our hands together (5 seconds), the back of the left hand and its wrist (5 seconds), the back of the right hand and its wrist (5 seconds), between our fingers (5 seconds), under our left finger nails (5 seconds) and then our right finger nails (5 seconds). (Do not forget to count out loud in the native language as you are doing this.)
- Rinse
- Let hands air-dry. We do not want to rub our hands on our clothes because this would dirty them. While you are letting your hands dry you could shake them.

**Leader:** **Our hands are clean because we washed them long enough and correctly. High five time!** (Have everyone do high five to the person next to them and say the five times we must wash our hands).

**CRAFT: WIND CATHCER 20 min**

**Craft Theme:**

- Germs are in the air and everywhere.
- There are things that we can do to prevent germs from spreading.
Craft Requires:
- One pipe cleaner per child.
- Twelve pieces of 8-12 inch long, plastic safety tape. The tape can be found in the sporting goods section, comes in neon colors, and is inexpensive and durable. (If unable to find tape, crepe paper or ribbon will work.)

Craft Instructions: Bend the pipe cleaner into a circle. Twist the two ends together and flatten so that they will not poke the children. Evenly tie the streamers around the circle.

**CRAFT: GERM WEB  20 min**

Craft Theme:
- Germs are transmitted in everyday life.
- Washing hands is the best way to stop germs from spreading.

Craft Requirements:
- One paper plate per child with holes punched randomly along the edge
- Yarn for each child; from 1-3 feet depending on the age
- Germ for each child
- Picture of water well
- Scotch tape (put on ends of yarn to make it easier to thread)

Craft Instructions:
The children will randomly thread the yarn up and down through the holes in the paper plate. Remind them that germs go everywhere. Attach the "germ" to the picture. Put the water well picture on the paper plate to remind them that they can wash their hands to get rid of germs. They need to use clean water.

**GAME: HIGH FIVE CUBE  20 min**

Game Requires:
- Dice
- High Five Time flipchart

Game Instructions: The leader throws the dice. When it lands, the leader says the number and the children look at the drawing that corresponds with that number on the picture set. The children say what the picture represents do the action.

- Picture of plate with food. **Wash your hands before eating or preparing food.** (Children will pretend to eat with a spoon)
- Picture of the latrine. **Wash your hands after using the latrine.** (Children will quickly squat and stand up)
- Picture of animal. **Wash your hands after touching an animal.** (Children will make an animal sound)
- Picture of someone sneezing. **Wash your hands after sneezing or being around someone who is sick.** (Children will pretend to sneeze.)
- Picture of dirty hands. **Wash your hands when hands are dirty.** (Children will look at their hands and say, “YUK!”)
Picture of someone washing their hands. **Washing hands is the best way to stay healthy.** (Children will pretend to wash their hands.)

**ALTERNATE ACTIVITY: SKITS  20 min**

Leaders will work with children to act out the skits. The audience watches the skit then explains what has happened in the skit. After the children have acted out the skit, ask the children in the audience if they saw a way germs could be spread. The leader script can be used if the audience needs help.

**SKIT ONE:**
Child is at school. He sits down outside to eat lunch and doesn’t wash his hands. Friends come and sit down with him. He shares his lunch with them.

**Leader:**  Oops, did you wash your hands before you touched the food?

**Leader:**  We must wash our hands before we touch food. That means if we eat food; we wash our hands, help prepare a meal; we wash our hands, share our food, we wash our hands. **We have stopped the germs by washing our hands.**

Encourage the group to say “wash our hands” and pretend to wash their hands each time you say it in this dialogue.

**SKIT TWO:**
Child goes to latrine; comes out and hands baby brother a toy; baby brother puts toy in mouth.

**Leader:**  Oops, baby brother has the germs in his mouth.

**Leader:**  Latrine - that means each time we go to the latrine, we wash our hands, and when we changing a baby’s diaper; we wash our hands. Scientists tell us that poop contains very bad germs that can make us seriously sick. **Latrine**- This is our second skit on when we must wash our hands. **We have stopped the germs by washing our hands.**

**SKIT THREE:**
Child is playing with the dog and then puts hand in mouth to get something off of tooth.

**Leader:**  Oops, now this person has germs in their mouth.

**Leader:**  Animals – If we touch an animal or are caring for them **we wash our hands.** The animals could be pets or birds, dogs, cats, pigs, chickens, horses—any animal. This is the third time we need to wash our hands. **What was first?** (Before we eat food) **What was second?** (After using the latrine) **We have stopped the germs by washing our hands.**
SKIT FOUR:
The child is playing with a sick friend—The friend is sneezing, coughing, etc.

Leader: Sickness – This is the fourth reason we wash our hands- sickness. If we are near or helping someone who is vomiting, has diarrhea, coughing or sneezing, we wash our hands. We have stopped the germs by washing our hands.

SKIT FIVE:
Child plays with toys in dirt. Child rubs and scratches eye.

Leader: Dirty- The fifth time we wash our hands is when they are dirty. Maybe we don’t remember how we got them dirty, or we don’t think we have germs on our hands. We still need to wash our hands. We have stopped the germs by washing our hands.

Leader: How did we stop the germs from getting into our bodies and making us sick? We have stopped the germs by washing our hands.