

# LET'S WASH OUR HANDS



## Cleanliness is:

- \* Washing your hands after going to the toilet and before you eat or touch food.
- \* Having a shower, bath or a wash so that your body is clean.
- \* Flushing the toilet and leaving it clean and tidy for the next person who uses it.
- \* Cleaning up food that you have dropped or spilled.
- \* Putting things away when you have finished using them.

## LEARNING OBJECTIVES:

**To know how to wash our hands properly.**

### Suggested Resources:

<http://www.cpkt.nhs.uk/Downloads/DVD-Documents/Infection-control/hand%20washing%20steps%20poster.pdf> [Available 03/15]

### Preparation:

Look at the link to the poster online or go to the NHS online and look for 'hand washing' to review correct hand washing technique. You may need to adapt the process to fit with the facilities that you have. You will demonstrate hand washing yourself with a bowl and hand washing solution or take a small group at a time to use the washrooms at your school.

### Script:

"Who can tell me about washing our hands? When do we need to do it? Why is it important?" Refer to the previous lessons on 'Caring Hands' and the importance of washing hands after touching pets. *Take some time to assess the children's understanding so that you can address any misconceptions.* "Today I'd like to show you how to wash your hands properly so that you can practise cleanliness." *Demonstrate correct hand washing procedure.*

"OK now we are going to all practise together.

First we should wet our hands... and then we should put enough soap on to cover our hands."

When the children have completed this, let them use the washroom facilities in small groups with adult supervision.

## Character Coaching

### Guidance:

Remember to follow all the instructions so that you are really practising cleanliness.

Remember to get your hands really clean by interlacing your fingers when washing.

### Meaningful Praise:

Well done, you're really following all the instructions and your hands will be really clean.

### Correction:

Oops! I'm not sure your hands are completely clean! Try again and be as thorough as you can.