

# HANDWASHING

## Resources and Activities for Elementary Students



I can wash my hands!





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# Hand Washing Overview

Hand washing is one of the most effective ways to prevent the spread of bacteria and viruses. It is an important skill for people of all ages and takes practice. In this resource package you will find engaging activities, posters, and information that can be used in the classroom to teach students about hand washing.

While hand washing fits well with the kindergarten-grade 4 curricula, it is also appropriate to use with any grade where hand hygiene is an identified focus. It can also be used as a leadership opportunity for intermediate/senior student helpers.

Why is hand hygiene so important at school? Removing bacteria and viruses from our hands is an important way to prevent the spread of illness. The spread of organisms that cause the flu (influenza virus), the common cold (rhinovirus) and diarrhea and vomiting (norovirus) can all be reduced with good hand hygiene. Reducing the spread of illness in schools helps to keep children in class so they can continue to learn.

- Make time and ensure hand washing is part of routine throughout the day (e.g. after going outside, before eating, after using the washroom)
- Ensure that hand wash facilities are in good working order and stocked with soap and paper towels or air hand dryers
- Having a supply of alcohol-based hand sanitizer available in the classroom to be used under adult supervision can be an addition to a hand hygiene program
- Be a role model

## CURRICULUM CONNECTIONS



To provide feedback or if you notice missing or outdated resources in this kit, please email [healthyschools@mlhu.on.ca](mailto:healthyschools@mlhu.on.ca)

# Discussion Points

Here are some principles to keep in mind when discussing hand washing with your students:

## GERMS

- Germs is a general word we use for bacteria and viruses that can make us sick
- Germs are invisible, they can multiply, spread, and cause illness
- Some germs are bad, but our bodies also have good bacteria to help fight off bad germs
- Germs spread: we breathe them in, we get them on our hands and then touch our face or mouth, we eat with dirty hands

## HOW CAN WE PROTECT OURSELVES AND OTHERS?

- Cover cough/ sneeze using elbow
- Stay home when sick
- Hand washing
- Vaccination

## WHAT ARE OTHER WAYS TO HELP OUR BODIES TO NOT GET SICK?

- Eat regular meals including fruits and vegetables
- Drink water throughout the day
- Sleep 9-10 hours every night (youth) (7-9 hours for adults)
- Be active and move your body every day

## WHEN SHOULD WE WASH OUR HANDS?

- Before we eat or prepare food
- After going to the washroom (even quick trips)
- After playing outside or when hands look dirty
- After touching animals or bugs
- When returning home from public places (school, grocery store)
- After sneezing, coughing or blowing your nose

## STEPS FOR HAND WASHING

- Turn on tap
- Wet hands
- Put soap on hands
- Scrub! Make a "bubble glove" rubbing all over hands (backs, palms, nails, between fingers, wrists) for 20 seconds
- Rinse hands well
- Dry hands
- Turn off tap using a paper towel

## IF YOU DO NOT HAVE ACCESS TO A SINK, YOU CAN USE HAND SANITIZER WITH ADULT SUPERVISION

- Apply 1-2 pumps to dry hands
- Rub all over hands (backs, palms, nails, between fingers, wrists)
- Once sanitizer is dry (about 15 seconds), hands are clean

# Glowing Hands Activity

The Glowing Hands resource can be accessed through your school's Public Health Nurse. It includes Glitterbug Potion (hand lotion) and a U.V.A light apparatus or a U.V.A flashlight. After applying the lotion to hands, the light is used to make the lotion glow. Participants are then encouraged to wash their hands according to the technique taught and re-examine their hands under the U.V.A. light. Areas that continue to light up are areas where extra attention should be paid during hand washing.

- Explain the activity to students (“**pretend**” germs, see them glow, wash them off and check)
- Students line up
- Roll up sleeves and give pea sized amount of lotion (remind: **not real germs**)
- Use lotion to make a “germ” glove
- Check hands under the light to show students the pretend germs on the fronts and backs of hands
- Wash hands according to the steps discussed (*remind students to take turns and avoid water on the floor as it could get slippery*)
- Recheck hands under the light- if large amount of lotion left encourage students to try again. It is challenging to get everything off and some students may get frustrated so try to maintain a positive message.



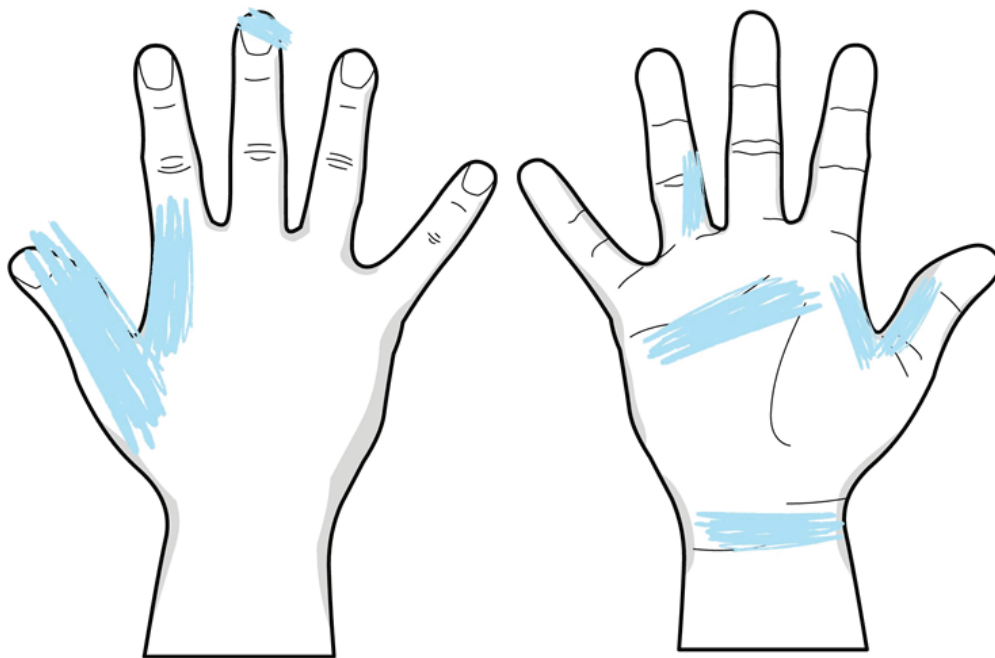
# Draw Your Germs

After completing the Glowing Hands Activity and reviewing missed areas under the light, have students trace their hand twice (front and back) on a piece of paper and colour in areas that were missed (*Alternative: Have large hands where all students can colour in missed areas as a class*)

## Discussion Questions

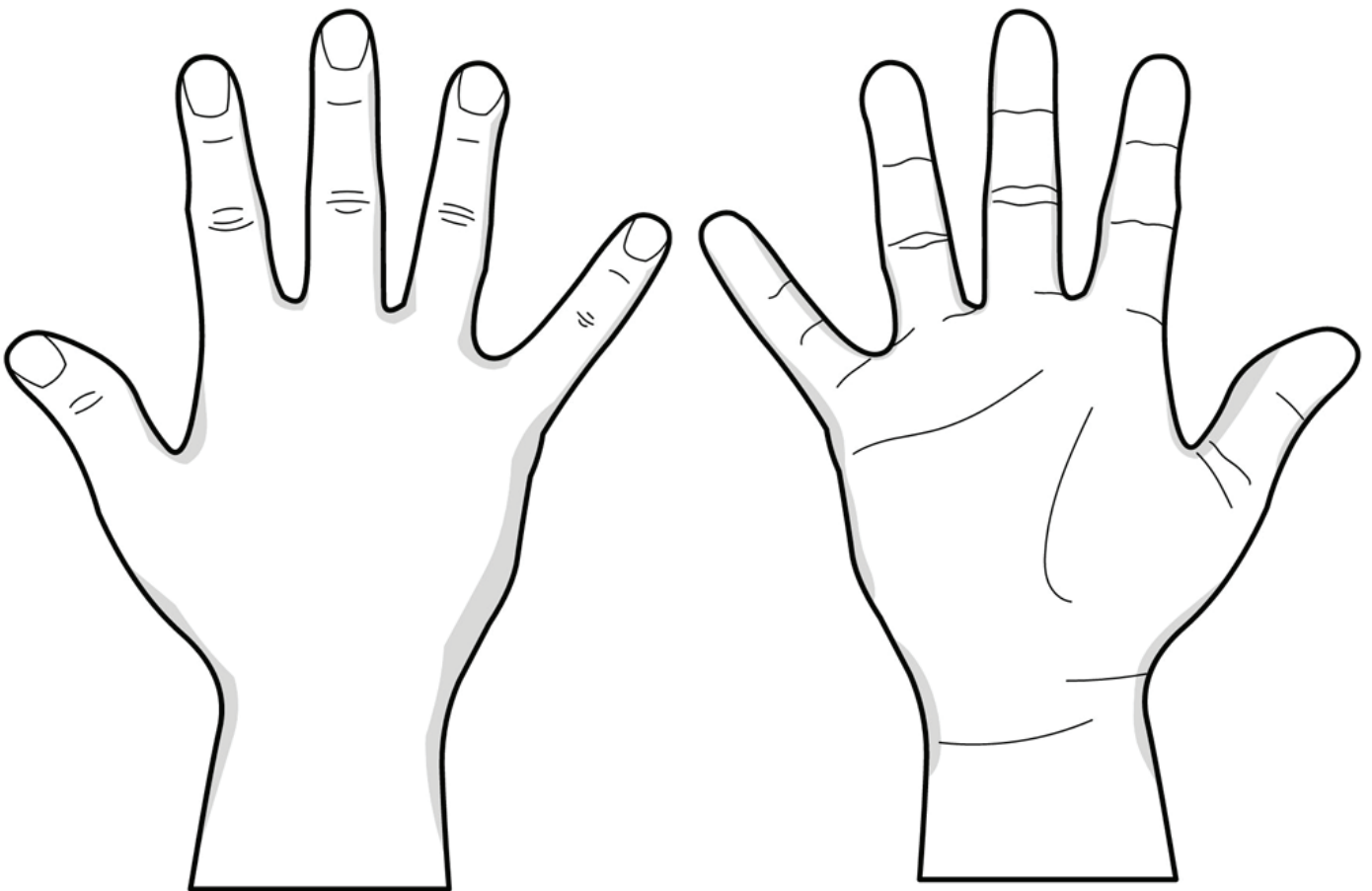
- Why might those areas be missed?
- How can we clean those areas? (*scrubbing around thumbs, scrubbing nails in palms, in between fingers*)

## Sample:



# Draw Your Germs-Handout

Colour the areas that lit up under the light after you washed your hands. These areas need extra scrubbing when washing.





I can wash my hands!

Name: \_\_\_\_\_



# Hand Washing Challenge

Take this challenge home and fill in as many squares as you can!

I washed my hands after using the bathroom

I showed someone else how to wash their hands

I sang the "A,B,C's" when I washed my hands

I washed my hands after touching animals or bugs

I washed my hands before eating

I washed my hands after playing outside

I used my elbow to cover my cough

I used a tissue for my runny nose (not my sleeve)

I used hand sanitizer when a sink and soap were not available

I used a towel to turn of the tap after washing my hands

I washed my hands before helping in the kitchen

I made bubble gloves when washing my hands

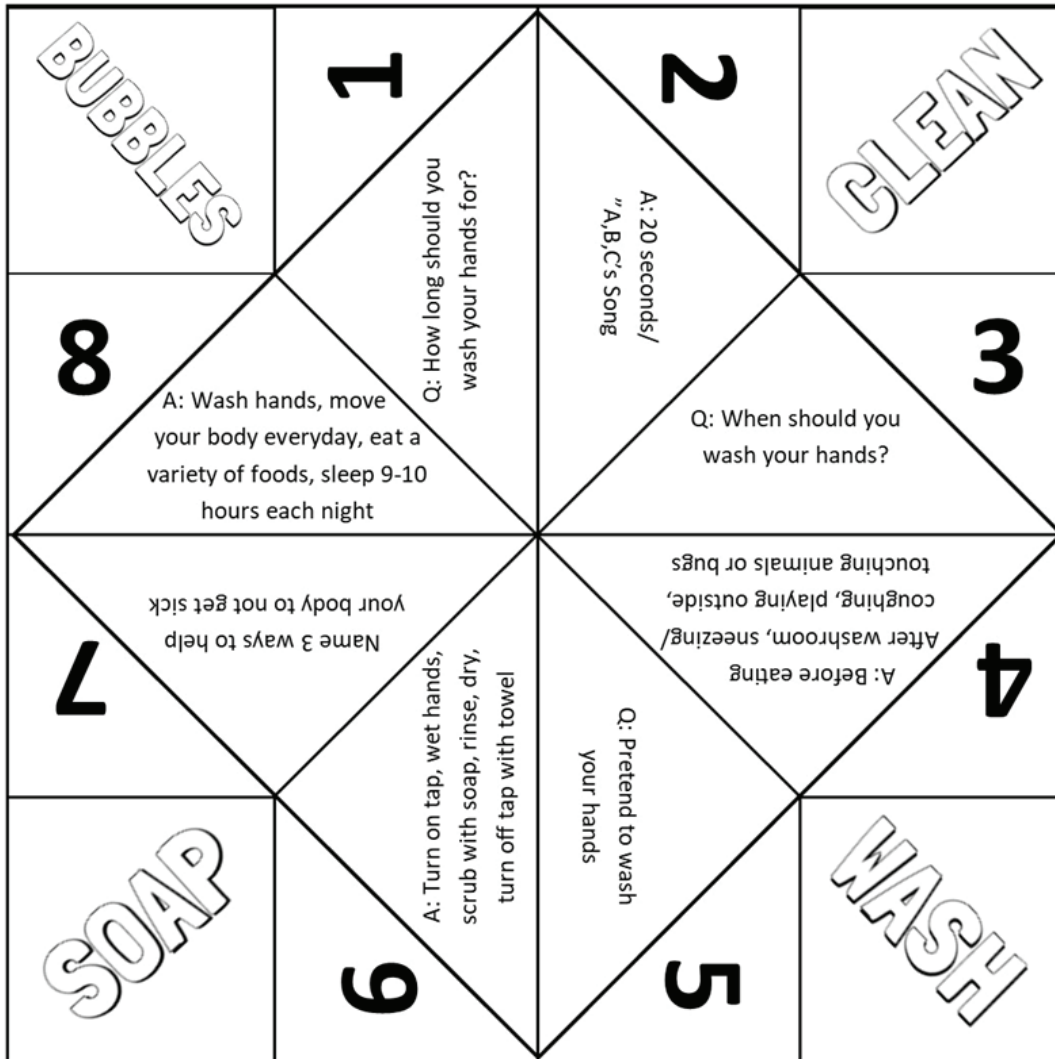
I used my elbow to cover my sneeze

I sang "Happy Birthday" twice when I washed my hands

I reminded someone to wash their hands



# Hand Washing Puzzle Cube



## Directions

1. Print and cut around outside of the puzzle cube
2. Fold in half and in half again
3. Open up, turn over (so top is blank), and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the corner words (soap, wash, clean, bubbles)
6. Slide your thumb and finger behind two of the corners and press together so they bend around and touch
7. Turn over and repeat with your thumb and finger of the other hand for the two corner words
8. All the corner words should now be at the front with centres touching
9. Spell out the words and count out the numbers to ask trivia questions

# Hand Washing Videos



## GRADES FDK - 3

### **Germmy the Germ**

<https://www.youtube.com/watch?v=V7LUOFKEShU> (français)

### **Handwashing Heroes**

<https://www.youtube.com/watch?v=UitUdTjhZz8> (français)

## GRADES 4 - 8

### **MythBusters Flu Fiction**

[https://www.youtube.com/watch?v=k1j8bh8\\_O\\_Q](https://www.youtube.com/watch?v=k1j8bh8_O_Q)

### **MythBusters Bathroom Hygiene Myth**

[https://www.youtube.com/watch?v=1pFww\\_EaLiY](https://www.youtube.com/watch?v=1pFww_EaLiY)

### **Proper handwashing! What gets left on your hands when you don't wash properly**

<https://www.youtube.com/watch?v=neUTmGOLJys&t=4s>

## GRADES 1 - 4

### **A quoi ça sert de se laver les mains**

<https://www.youtube.com/watch?v=YR6OPhckWfg&t=102s>

# Hand Washing Certificate

## Hand Washing Leader



Awarded to:

-----

In recognition of learning about hand washing and teaching others to wash their hands.

Date: -----

## Hand Washing Leader



Awarded to:

-----

In recognition of learning about hand washing and teaching others to wash their hands.

Date: -----



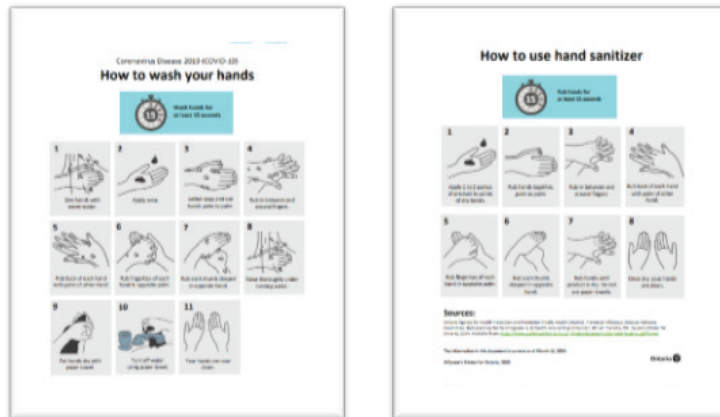
# Hand Washing Posters



Handwashing-The 6 Step Method



For the Good of Your Health-Wash Your Hands



Public Health Ontario: How to wash your hands & How to use hand sanitizer

# Glitterbug Potion

## Material Safety Data Sheet

MATERIAL SAFETY DATA SHEET

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### MATERIAL SAFETY DATA SHEET

#### Section 1

**Trade Name:** GLITTERBUG® POTION  
**Chemical Family:** Personal Care Products  
**Date:** March 22,2004

**Manufacturers Name:** SORENCO, INC.  
2323 South West Temple  
Salt Lake City, UT 84115  
Emergency Telephone: 801 481 7325

**Manufactured For:** Brevis Corporation  
225 West 2855 South  
Salt Lake City, UT 84115

#### Section 2

**Ingredients:** Water (CAS#7732-18-5), Invisible Blue Pigment (CAS #39277-28-6), Mineral Oil (CAS #8012-95-1), Glycerin (CAS #56-81-5), Glyceryl Stearate (CAS #123-94-4), PEG-100 Stearate (CAS #9004-99-3), Cetyl Alcohol (CAS #36653-82-4), Stearic Acid (CAS #57-11-4), Triethanolamine (CAS #102-71-6), DMDM Hydantoin (CAS #6440-58-0), Iodopropynyl Butylcarbamate (CAS #55406-53-6).

#### Section 3

##### Physical Data:

Specific Gravity	0.90 – 1.00
Solubility in Water	Dispersible
Vapor Pressure	Unknown
Flash Point	Unknown
Appearance	White Cream
Odor	Characteristic

#### Section 4

##### Reactivity Data

Not reactive

#### Section 5

##### Fire and Explosion Hazards

No known fire or explosion hazards

#### Section 6

##### Health Hazard Data

**Skin Contact:** If irritation occurs, rinse with water. Contact physician.

#### Section 7

##### Spill or Leak Procedure

Scoop up and place in trash receptacle. Rinse area with water and wash down drain. Observe all Federal, State, and Local Regulations.

#### Section 8

##### Special Precautions for Handling and Storage

Store in a cool, dry place. Extreme heat may cause product separation.