


HYGIENE

Topic: Washing Hands

LESSON ONE

 TARGET GROUP: K2 students

 DURATION: 30 to 40 minutes

Learning Objectives

After completing the lesson, students will be able to:

- ✓ Learn the importance of washing hands
- ✓ Learn the steps of washing hands

☆ Hand washing is a routine in schools. Identify the times when children should wash their hands and discuss the importance of washing their hands.

Materials Needed

- Two pieces of cloth : Both stained with food colouring/ baby oil
- Two small basins of water
- Soap
- Washy Washy song chart
- Washing hands picture cards
- Washy Washy Clean song: <http://www.youtube.com/watch?hl=en-GB&gl=SG&v=zxlQn7KaCNU>

Following are the activities to teach the student to understand the importance of hand washing.

Suggested Activity 1

1. Show the students the two cloths that are stained with baby oil or food colouring. Select some students to feel the cloth and describe what they feel.
2. Select another two students to wash the cloth in the basins. Pour soap into one of the basins, while the other basin would have no soap.
3. Ask these two students for their observations on the cloth.
4. Explain to the students that the oil/food colouring is also like germs on our hands and we need to use soap to wash our hands.
5. Further explain that when germs get into our body, we will get sick.

Suggested Activity 2

1. Show the students the picture cards (Eight picture cards to represent the eight steps. Label each card in sequence)
2. Demonstrate the action and get the students to do it together with each picture card shown.
3. Play the Youtube video and get the students to do the actions together with the song.
4. Jumble the picture cards and select some students to place the cards in the correct sequence while the rest sings the song again.
5. Discuss the important times to wash hands.
E.g. Before and after meals, after using the bathroom, after disposing rubbish, etc.

Extended Activity

At School

Create a 'When to wash your hands' class poster. Discuss with the students about different situations that requires them to wash their hands. For example, before and after having their meals, after going to the playground, after patting a pet etc. Have a group of students to illustrate, another group to write the situations and another group to print their handprints at the borders (for decoration purpose).

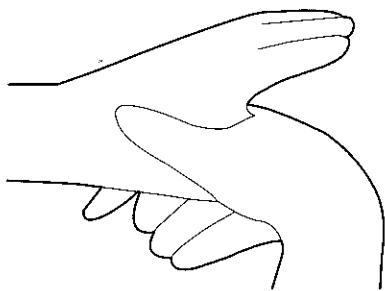
Have the students to wash their hands after printing their hands (to reinforce the handwashing steps).

★ Pointers for parents

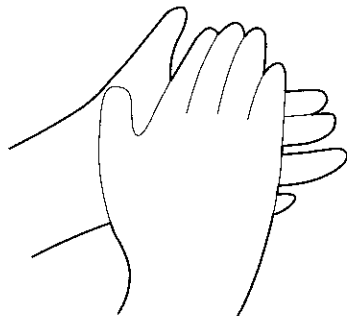
- The children were taught the importance of washing hands with soap to kill the germs on their hands.
- The 8-step of hand washing was demonstrated to the children and parents can assist in reinforcing the steps at home to instil good hygiene habits.
- Parents can use the printable Hand washing Steps for the child to cut, paste and colour in the correct sequence on a drawing paper to create the '8-step Let's Wash Our Hands the Right Way' Poster for the home.

Take Home Activity 1

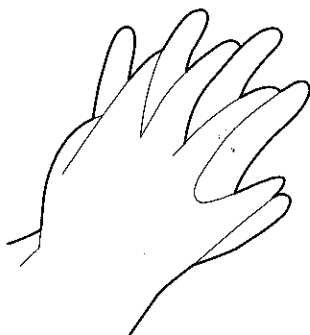
Cut, paste and colour.



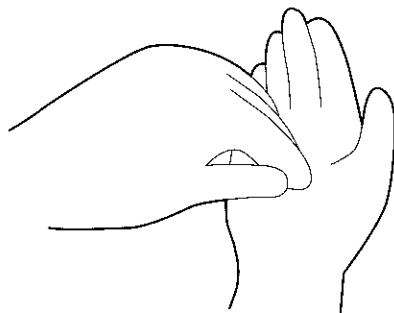
Base of thumbs



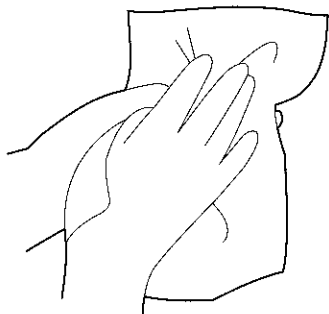
Palm to palm



Back of hands



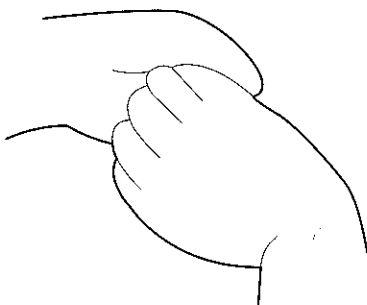
Fingernails



Rinse and wipe dry



Between fingers



Back of fingers




Wrists

Topic: Home Hygiene

LESSON TWO


 TARGET GROUP: K2 students

 DURATION: 30 to 40 minutes

Learning Objectives

After completing the lesson, students will be able to:

- ✓ Understand the importance of keeping the home clean and free of germs, and
- ✓ Be aware of the places in the house where germs can be found.

 It is important to keep our home clean and adopt good home hygiene practices.

Material Needed

- Felt pens, paints, etc.
- Small drawing paper
- Large poster/sheet of paper
- Glue
- Song Chart: Some People Live In (see Song Chart 5)

Introduction

1. Sing the Song 'Some People Live in' (use Song Chart 5)

Suggested Activity

1. Draw an empty apartment/flat on the poster (walls, etc.).
2. Show the poster to the students.
3. Ask the students on the differences between a clean house and a dirty house.
4. List the various rooms (living room, bedrooms, kitchen, toilet, bathroom, dining room etc).
5. Ask the students which rooms are often dirty.
6. Each student is to draw the room which they consider most likely to get dirty and write the name of the room on their sheet.
7. Collect all the drawings and sort by room type. Take an example of each type of room and ask the students how it gets dirty.
8. Ask the students which main areas they know where germs grow. If necessary, highlight kitchen and toilet. Choose one drawing for each room and glue on to the house.
9. Explain that it is important to keep germs away from all the rooms and have good home hygiene practices. For example:
 - Kitchen: Clean work surfaces and sponges/Clear out the rubbish/Wash hands before preparing food
 - Toilet: Flush after each use/boys: lift the seat/wash hands after every visit to the toilet.
 - Living room: Sanitised the commonly touched surfaces or areas such as coffee table and sofa

Pointers for parents

The children learnt the importance of keeping the home clean and free of germs. They learnt about good home hygiene practices.

Parents can complete the printable home activity sheet with their child to reinforce the concept of home hygiene and discuss home hygiene habits.

Extended Activity

At Home

Parents can complete the home activity sheet with their child to reinforce the concept of home hygiene.

At School

Create a poster on 'Home Hygiene' with students' illustrations.

Take Home Activity 2

Germes are on everything in the house and they are everywhere. Today is spring cleaning day. Let's hunt for germs!

Please circle the areas where you can find germs.

