

# Hygiene/Handwashing

**Grade:** 3-5

**Time:** 30 minutes

**Materials:**

- White bowl
- Water
- Pepper
- Soap
- Notecard Holder
- Hygiene Memory Matching Notecards
- Hygiene Routine Relay Story Posters
- Hygiene Routine Relay Word Bank Cards
- IAK Pencil Incentives
- IAK Speaker
- 20 Seconds or More Song (Spotify or YouTube)

**Objectives:**

- Students will learn and identify positive health benefits of bathing, hand washing and proper care of teeth, skin, hair, and nails.
- Students will learn to promote hygiene as a way to maintain health and wellness.
- Students will learn the importance of DOING hygiene, not just knowing about it.

**Introduction:**

- What is hygiene? Who has heard this word?
  - Hygiene means to maintain health and prevent passing disease through cleanliness or being clean.
  - Taking care of yourself as you grow, play, and our bodies start to change.
- Why is it important?
  - It keeps you healthy.
  - It keeps you from stinking.
  - To keep us from getting sick.
- Who needs it?
  - EVERYONE!!!
- What are some things we do that are considered proper hygiene?
  - Washing our hair
  - Washing our hands
  - Taking a bath/shower
  - Brushing our teeth



- Changing into clean clothes

### **Discussion Questions:**

#### **Hand Washing**

- When do we wash our hands?
  - Before you eat
  - When they are dirty (playing outside, playing with our pet, etc.)
  - When we are sick
  - After we use the restroom
- How long do we wash our hands for?
  - 20 seconds (sing happy birthday song twice or ABC's once)
- What do we use to properly wash our hands?
  - Soap
  - Warm water
- Why do we wash our hands?
  - To protect us from colds/sickness.
  - Keep away food borne illness.
- Nail Care
  - Trimmed nails are easier to keep clean and keep germs out.
  - Don't scratch someone with nails.
  - Use a nail file or clipper.
  - Cut toenails straight across to prevent an ingrown toenail.
  - Do not bite nails.

#### **Taking a Shower/Bath**

- Why do we want to stay clean?
  - To get all the dirt and germs off of us
  - Dead skin
  - Get rid of smell from sweat
- When is a good time to take a shower/bath?
  - Before bed, when we are dirty/sweaty from the day's activities.
  - Regularly (Explain every day is good if possible if not make sure you are keeping your body clean when you can).
- What is being hygienic in the shower?
  - Washing body with soap and water (making sure to rinse).
    - Use soap, water, and a cloth, from your head to your toes and everywhere in between.
  - Washing hair with shampoo (making sure to rinse).
    - Get hair wet.
    - Shampoo, rinse, and conditioner.



- Scrub scalp.
  - Wash at least twice a week, probably every day if oily.
  - Brush or comb to keep out tangles and remove dirt. Makes hair shiny.
  - Don't share combs or brushes to prevent spreading lice.
- Face Washing
  - Oil in skin can cause pimples on our face.
  - Wash two or three times a day.
  - Use antibacterial soap, special skin care products for your face.
- Use deodorant as you are growing and your body is changing. When you sweat it stinks!

### **Brushing Teeth/Oral Hygiene**

- Why do we brush and floss our teeth?
  - If you don't brush your teeth decay and cavities can develop.
  - Brush twice a day, in the morning and at night. Try to brush after every meal you eat.
  - Use a soft-bristled brush and a toothpaste with fluoride to prevent decay.
    - Hard-bristled brushes are for dentures and make your gums bleed.
  - Flossing gets rid of food in between your teeth where your brush cannot get to.

### **Coughing and Sneezing**

- What should we do if we cough or sneeze?
  - Use a tissue to cover your mouth or cover your mouth with your elbow.
    - Have students demonstrate how to sneeze/cough into their elbow.
- Why do we cover our mouth when we cough or sneeze?
  - To keep from spreading our germs to other people.

### **Social Distancing**

- What is social distancing?
  - It is when you keep space between yourself and other people outside of you home.
  - It involves staying 6 feet away from people and staying out of crowds.
- Why is social distancing important?
  - Social distancing is important to prevent the spread of germs especially when you are sick.

## **Germ Experiment**

- Place bowl in an area where students will be able to see it.
- Add water to a bowl or plate.
- Sprinkle a layer of pepper on top of the water. The pepper represents germs.
- Explain to the students that if you place your finger in the water you will get pepper on your finger. This is the same concept that if you wash your hands with only water you still will have germs on you.
- Place a small amount of soap on the tip of your finger and place it in the center of the water.
- The pepper will spread to the sides of the bowl away from your finger.
- Explain to the students that this is the same as when we wash our hands with soap the germs will not remain on our hands.

### **Activity for 3<sup>rd</sup> Grade:**

- Hygiene Memory Match
  - Place the card holder against a wall or on the board.
  - Place hygiene notecards in the slots with the back showing.
  - Split the class into two groups and have each teammate play one at a time.
  - Each team mate with turn two notecards around trying to match identical hygiene cards. A variation: you can have non-identical cards but two cards that correspond to each other. For example: a picture of teeth would match a picture of a toothbrush.
  - Play until all the cards have been matched.

### **Activity for 4<sup>th</sup> Grade:**

- Hygiene Routine Relay
  - Divide the class into 2-4 groups depending on class size.
  - Each team will receive a story with missing words. As a group it is their job to figure out what the blanks should be
  - There will be notecards on the board that the students must collect to fill in the blanks.
  - Each note card will cost the students a specific number of exercises.
  - Before a student can take the word they are needing they must complete the exercise as a team.
  - Each student can only take one word at a time.
  - Once a student collects a word they will place it on their story board where it belongs.
  - It is a race to see who can finish their Hygiene Routine first to receive a prize.
  - Each player will receive a IAK pencil at the end.



### **Activity for 5<sup>th</sup> Grade:**

- 20 Seconds or More
  - Explain to the class that they are going to create a dance to express good hygiene.
  - If possible show class IAK 20 seconds or more dance.
  - Divide class into groups.
  - Write different hygiene examples on the board. For example: wash your hands, cover cough, use soap, use hand sanitizer, social distancing.
  - Have students come up with their own dance that they can share with the class.
  - Play 20 seconds or more while they are preparing and then play it for each group that shares with the class.
  - Song is on Spotify, and YouTube.

### **Conclusion:**

- Ask students what hygiene means.
- Have students tell you a couple of ways to be clean.
- Ask students why it is important to keep good hygiene.

### **National Health Education Standards:**

1.5.1, 1.5.3, 1.5.4, 4.5.4, 5.5.1, 5.5.5, 5.5.6, 7.5.1, 7.5.2, 7.5.3, 8.5.2

### **Oklahoma Academic Standards - Health:**

1.5.1, 4.5.4, 5.5.5, 5.5.6, 7.5.1, 7.5.2, 7.5.3, 8.5.2

### **Resources:**

*What Everyone Should Know About Personal Hygiene* [Pamphlet]. (2009). South Deerfield, MA: Channing Bete Company.

Quiroz, H. C., Kane, W., & Telljohann, S. K. (2001). *The HEALTHSmart K-4 program*. Santa Cruz, CA: ETR Associates.

*Handwashing Experiment*. Centers for Disease Control and Prevention. (n.d.). Retrieved July 10, 2019, from [https://www.cdc.gov/bam/teachers/documents/epi\\_4\\_hand\\_wash.pdf](https://www.cdc.gov/bam/teachers/documents/epi_4_hand_wash.pdf)

Centers for Disease Control and Prevention. 2020. *Coronavirus Disease 2019 (COVID-19)*. [online] Available at: <<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>> [Accessed 20 May 2020].