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| **Value: RESPONSIBILITY** | **Context: ALL SETTINGS** |
| **Expectation: I wash my hands with soap after I play** | |
| **Introduction:**  Discuss: Why do we wash our hands?  Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today - from the doorknob to the toilet. Maybe you blew your nose in a tissue and then went outside to dig around the dirt.  Whatever you did today, you came into contact with germs. It's easy for a germ on your hand to end up in your mouth. Think about how many foods you eat with your hands. Show and Discuss ‘what’s on your hand’ sheet  **Discussion and role play:**  So when are the best times to wash your hands?  •when your hands are dirty  •before eating or touching food (like if you're helping cook or bake, for example)  •after using the bathroom  •after blowing your nose or coughing  •after touching pets or other animals  •after playing outside  How to wash your hands: See ‘hand washing steps’ sheet  1.Use water when you wash your hands.  2.Use soap. Scrub for 20 secs  3.Work up some lather on both sides of your hands, your wrists, and between your fingers. Don't forget to wash around your nails. This is one place germs like to hide.  4.and dry well with a clean towel.  practice washing hands.  **Experiment**  What do you think will happen if you don’t wash our hands?  -3 slices of bread Controlled (do not touch with hands), Clean hands and dirty hands.  -have students predict what will happen with each one (write prediction down)  -See what happens over the next few days. Discuss. | |



