



## Grade 5 Lesson Plan: Unit 14 – Handwashing

### SOLs (Health Standards of Learning)

- 5.1 j
- 5.2 k

### Objectives/Goals

- Students will recognize the importance of hand washing.
- Students will identify steps of the hand washing process.
- Students will demonstrate proper hand washing technique.

### Materials

- Projector
- Computer with speakers for sound
- 20 gator balls
- 4 hula hoops
- 4 empty hand soap containers (optional)

### Procedure

*Introduction: Why is personal hygiene so important?*

- Teacher will show this introduction movie. Follow the link below and click on “movie”:  
<https://www.brainpop.com/health/personalhealth/personalhygiene/>
- This lesson will focus on hand washing as a step to improving personal hygiene to increase overall health.
  - **Why:** Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. Germs can get into the body through the eyes, nose and mouth and make us sick.
  - **How:** **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails. **Scrub** your hands for at least 20 seconds. Need a timer? Hum or sing the "Happy Birthday" song from beginning to end twice. **Rinse** your hands well under clean, running water. **Dry** your hands using a clean towel or air dry them.
    - Teacher should demonstrate this and have students practice using the song or a timer to see how long it really is.

*Activity: Germ Ball*

- Teacher will split the class into two teams. The object of the game is to **roll** germs (gator balls) to the other side attempting to tag the other team members on the shoe. If a student is tagged, they must “wash their hands” at one of their teams’ “sinks” or hula hoops. Teacher will place 2 sinks on the sides of each playing area. The empty soap containers should be in each sink so student can simulate the real thing.
  - Round 1: When a student is tagged they must locate an open sink on their side and they must wash the full 20 seconds before the next team member can be helped. Singing the song is encouraged.
  - Round 2: Repeat round 1, except after a student washes their hands, they must switch teams. Game continues until music stops. Winning team has the most people on it!
  - Round 3: Repeat round 1 except once a student is tagged for the third time, they have so many germs they become sick and are stuck on the sidelines doing exercises to feel better. “Sick” players get to return to play once the doctor (teacher) says “You are healthy again!”.

*Closure: Review and Exit Slip*

- What did you learn that was new today? Discussion should include length of hand washing and specific steps of the hand washing process. (running water, lather under nails, clean DRY towel, etc.)
- Review steps in order.
- Student should complete attached exit slip and turn in.

**Assessment Idea**

Observation during practice and game as well as exit slip.

**References**

- BrainPOP <https://www.brainpop.com/health/personalhealth/personalhygiene/>
- Centers for Disease Control <https://www.cdc.gov/handwashing/why-handwashing.html>

**Handout**

The next page includes an exit slip for this lesson.

## Exit Slip – Hand washing

1. Please list the steps involved in hand washing in the proper order below.

1.

2.

3.

4.

1. How long should you scrub your hands for?

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Why is it so important to wash your hands?

- A. Because it is fun to play in the water
- B. Helps us to keep germs on our hands
- C. To keep me from getting sick and spreading germs to others
- D. To cool them off after playing outside