

# Hand Washing

**Prevent Disease &  
Outbreak Intervention**

**Ages Three through Six**



**DEVELOPED BY THE  
MINNESOTA DEPARTMENT OF HEALTH  
FOR THE MINNESOTA FOOD SAFETY PARTNERSHIP**

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## Handwashing for Young Children

	<b>Time:</b> 20 minutes	<b>Materials Needed:</b> Germ finger puppets, dancing hamster, Handwashing for Young People Ages 3 to 6 video, VCR, UV blacklight, Glitter Bug potion, access to warm water, soap and towels, coloring sheets
<b>Introduction</b>	Hi, I am...	
<b>Germ Are On Our Hands</b> 	<p>Today we are going to talk about hands.          How many of you have hands? Hold them up so we can all see them.  <i>Hold your hands in the air to prompt children to do the same.</i>          Sometimes our hands get dirty and then what do we get on them?  <i>Allow children to answer.</i>          Yes, germs!          Sometimes our hands don't look dirty, but what is still on our hands?  <i>Allow children to answer.</i>          Yes, Germs!</p>	
<b>How Do We Get Rid Of Germs?</b> 	<p>So, how do we get rid of germs?          Yes, wash your hands.          Hold your hands up again and let's Wash our hands –Wash our hands –Wash our hands  <i>Rub your hands together in the air repeat "wash our hands" three times - have children rub hands back and forth too.</i>          Good job.</p>	
<b>When Do We Need To Wash Our Hands?</b> 	<p>Do you know when we should wash our hands?  <i>Have them mention some.</i>          Also after: Using the bathroom, before eating, after playing outdoors, after coughing or sneezing.  <i>Pretend sneeze into your hand and then ask a child if they would want to shake hands with you.</i>          I wouldn't either that's why it is important to "wash your hands"  <i>Rub hands together again.</i></p>	
<b>What Do We Need?</b> 	<p>Today we are going to talk about real germs and pretend germs.          To get rid of real germs on your hands, what do you need?  <i>Allow children to answer.</i>          Water, soap and towels. Right!</p>	
<b>Getting Rid of Germs!</b> 	<p>I have some very funny pretend germs I am going to put on my five fingers.          Real germs do not look like this but they look pretty icky.  <i>Put one each of the finger puppets on the fingers and thumb of one hand.</i>          Now let's help me get rid of these pretend germs.</p>	

What do we need first?

*Allow children to answer.*

Warm running water – good. One germ is gone!

*Remove germ from the first finger.*

What do we need next?

*Allow children to answer.*

Soap – good. Another germ is gone!

*Remove another germ.*

What do we do next?

*Allow children to answer.*

Scrub our hands really well for 20 seconds. Germ #3 is gone!

*Remove another germ.*

We only have two pretend germs left, what do we do next?

*Allow children to answer.*

Yes, rinse off with warm running water. Away with another germ!

*Remove another germ.*

And now how do we get rid of the last germ?

*Allow children to answer.*

Use a clean cloth towel or a paper towel and rub really well. Friction is important to remove the germs. Goodbye last germ!

All the germs are gone.

*Have a child come up and put the germs on their fingers and repeat.*

### How Long Is 20 Seconds?



I mentioned that we needed to scrub our hands for 20 seconds.

Do you know how long 20 seconds is?

I have a dancing hamster that goes for 20 seconds.

Let's see how long that is?

*Turn on hamster.*

Wow, that is a long time to wash your hands.

Most people don't wash their hands long enough—this is how many people wash.

*Pretend to wash for one second and wipe on slacks.*

Let's practice pretend washing our hands for 20 seconds.

*Ask one student to come up front.*

*Turn on the hamster.*

*Ask student to hold the hamster.*

*Review 5 steps of hand washing and encourage the students to follow along.*

There is another way to know how long 20 seconds is – sing the "Happy Birthday" song two times.

Let's sing Happy Birthday to your teacher Ms./Mr. \_\_\_\_\_ and pretend wash our hands for 20 seconds.

*Sing Happy Birthday twice while all demonstrate washing hands.*

Between fingers, thumbs, palms, fronts, wrists. Dry briskly.

Now when you wash your hands you can tell how long you need to keep scrubbing.

<p><b>Experiment with Blacklight</b></p> 	<p>We are going to do an experiment with backlight and pretend germs.  <i>Ask the teacher (ahead of time) to have choose five students – no students with skin allergies – who at this time come up front.</i></p> <p>These five people and an adult (teacher) are going to put pretend germs on their hands. Then we will turn out the lights and everyone will be able to see the pretend germs on their hands.  <i>Have all children apply the lotion (Glitter Bug potion).</i>  <i>Turn out the lights.</i>  <i>Use the backlight to show the hands with lotion on them.</i>  <i>Lights on.</i></p> <p>Now these people will go wash their hands and we will see how they do. If they wash well, all of the pretend germs will be gone. If they leave some pretend germs on their hands, we will be able to see them under the backlight when they come back.  <i>Teacher and students go wash.</i>  <i>Practice hand washing with the rest of the class while they are gone.</i></p> <p>Good, the hand washers are back – let's see how they did.  <i>Turn out the lights and let's see if they missed any spots.</i>  <i>Praise even if they missed some spots. Lights back on.</i>  <i>Applause for the hand washers.</i></p>
<p><b>Coloring</b></p> 	<p><i>Thank everyone for such a good job.</i>  <i>Hand out coloring sheets for class to color.</i>  <i>Congratulate students for doing such a good job.</i></p>
<p><b>Video</b></p> 	<p>Optional: View Handwashing for Young People Ages 3 to 6 video.</p>