

Hand Washing and Germs

In this lesson the students will listen to a story about handwashing and germs, watch a science demonstration, enjoy a video and a couple songs about handwashing rules. After all the experiences and learning The students will know the importance of using soap and water when washing hands and be able to share at least 4 rules for good handwashing.

Note for Parents: In light of our current situation we think it is super important to have a good handwashing reminder for all of us. I will leave it up to each family with how much detail you would like to discuss with your child about the actual COVID-19 virus. In an attempt to avoid anxiety and panic, I highly suggest just talking about germs and how we always need to protect ourselves from germs that can make us sick.

Reading:

Read [Wash Your Hands](#) by Leona Locke

(*You have to push the speaker button at the bottom to have the story read to you and the arrows to the right will guide you through the pages.)

Science Demonstration: [Why we use soap when we wash our hands](#)

[Germs, germs, germs](#) - We may not be able to see germs but they are everywhere!

[The Wiggles Handwashing Song](#) - The rule in this song is 15 seconds but please have the conversation about right now we need to wash our hands much longer than that to make sure we can get rid of all the germs. Let's aim for 20 sec handwashing sessions.

[Jack Hartmann Wash Your Hands Rap](#)

[The Wash Your Hands Song](#)

Feel free to enjoy one or all of the above videos or songs more than once!

Writing: Watch these instructions on [How to make your poster](#).

OR follow the instructions below:

1. Get a blank piece of paper or use your journal.

2. Split your page into 4 sections by drawing lines or folding the paper hamburger style in $\frac{1}{2}$ and then open up your page and fold it hot dog style in $\frac{1}{2}$ again to give you 4 squares. If you need/want an extra challenge split the paper into 6 sections.

1.	2.
3.	4.

3. Make a poster by drawing pictures about good hand washing rules. Try to label your pictures by writing at least beginning sounds and then try to extend to the next sounds that you hear. Some ideas may include: before eating, after playing outside, after playing with pets, after you use the toilet, use soap and water, wash on top and bottom, wash nails, etc.

**Note to parents:*

Remember it is perfectly okay for Kindergarten children to use invented spelling. Help them stretch out the words and print the sounds they hear. Don't correct their spelling too much. The idea is for your child to ENJOY using what they know about letter sounds. It is not expected that they spell words conventionally in Kindergarten. Show them that you can read their words even if they are not spelled correctly. Celebrate their progress so that they want to keep trying. Too much correction at this stage is discouraging.

Numeracy:

I'm sure everyone will be washing their hands numerous times today. Count forwards from 1 to 20 and then next time count backwards from 20 to 1. Make it fun and get creative with what you can do in 20 seconds or what you can do 20 times:

- Count how long it takes to cover both hands completely in suds from the soap?
- How many cheerios can you eat in 20 seconds?
- Can you run around the living room 20 times?
- Can you run up the stairs 20 times?
- Can you do 20 jumping jacks? Pushups? Sit-ups?

Extension:

Watch the Mystery Doug video (5:27): [How Does Hand Sanitizer Kill Germs?](#)

[Unite for Literacy](#) is a website that has wonderful non-fiction age appropriate books for kindergarten students. Feel free to explore other non-fiction books on this website! <https://www.uniteforliteracy.com/>