

# **Hand Washing Lesson Plans For Kindergarten – Sixth Grade**

**Provided by:**

**Massachusetts Department of Public Health  
Division of Epidemiology and Immunization  
(617) 983-6800 or (888) 658-2850**

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February 2000

# Hand Washing Lesson Plan

## Kindergarten

Objective: Understand that cleanliness is important to health.

Objective: Explain the importance of being in charge of their own bodies.

### General Information:

- Germs are everywhere.
- Germs are so small that you cannot see them.
- Germs can make you sick.
- You can get rid of germs by washing your hands.

### How to Wash Your Hands:

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together for at least 10 seconds.
- Scrub underneath the fingernails.
- Rinse and then dry.

### When to Wash Your Hands:

- After using the toilet.
- Before eating or touching food.
- After playing with animals.

### Teaching Idea:

Use a spray bottle filled with clean water. Spray water on children's hands. Explain that the water on their hands represents germs that come out of their mouths when they cough and sneeze. Now have the children touch an object (i.e., table, chair, etc.). Ask them what happened to the object they touched (it became damp). Explain that this is what happens when we sneeze into our hands and then touch an object (the germs on our hands get on the object). Discuss what might happen if one of their friends touches the object while it is moist (they might pick up the germs and get sick). Explain that if you wash your hands after sneezing or coughing in them the germs will be washed away and there will be less of a chance for people to get sick.

### Miscellaneous Information:

- Hand washing message needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Teach by example.
- The activity asks each student to write his/her name on the bottom of the page pledging to wash their hands. You may want to post one or all of the activity sheets in the classroom to serve as a reminder of the pledge.
- Please copy the activity on the reverse side of this sheet for the children to complete.

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*Color me.*

Name \_\_\_\_\_

**I pledge to wash my hands**

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# Hand Washing Lesson Plan

## Grade 1

Objective: Tell why cleanliness, grooming, posture, and body mechanics are important.

### General Information:

- Germs are everywhere.
- Germs are so small that you cannot see them.
- Germs can make you sick.
- You can get rid of germs by washing your hands.

### How to Wash Your Hands:

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together for at least 10 seconds.
- Scrub underneath the fingernails.
- Rinse and then dry.

### When to Wash Your Hands:

- After using the toilet.
- Before eating or touching food.
- After playing with animals.

### Teaching Idea:

Use a spray bottle filled with clean water. Spray water on children's hands. Explain that the water on their hands represents germs that come out of their mouths when they cough and sneeze. Now have the children touch an object (i.e., table, chair, etc.). Ask them what happened to the object they touched (it became damp). Explain that this is what happens when we sneeze into our hands and then touch an object (the germs on our hands get on the object). Discuss what might happen if one of their friends touches the object while it is moist (they might pick up the germs and get sick). Explain that if you wash your hands after sneezing or coughing in them the germs will be washed away and there will be less of a chance for people to get sick.

### Miscellaneous Information:

- Hand washing message needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Teach by example.
- The activity asks each student to write his/her name on the bottom of the page pledging to wash their hands. You may want to post one or all of the activity sheets in the classroom to serve as a reminder of the pledge.
- Please copy the activity on the reverse side of this sheet for the children to complete.

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Color me,  
cut out  
to make a puzzle.

Name \_\_\_\_\_

I pledge to wash my hands

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# Hand Washing Lesson Plan

## Grade 2

Objective: Tell why cleanliness, grooming, posture, and body mechanics are important.

### General Information:

- Germs are everywhere.
- Germs are so small that you cannot see them.
- Germs can make you sick.
- You can get rid of germs by washing your hands.

### How to Wash Your Hands:

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together for at least 10 seconds.
- Scrub underneath the fingernails.
- Rinse and then dry.

### When to Wash Your Hands:

- After using the toilet.
- Before eating or touching food.
- After playing with animals.

### Teaching Idea:

Use a spray bottle filled with clean water. Spray water on children's hands. Explain that the water on their hands represents germs that come out of their mouths when they cough and sneeze. Now have the children touch an object (i.e., table, chair, etc.). Ask them what happened to the object they touched (it became damp). Explain that this is what happens when we sneeze into our hands and then touch an object (the germs on our hands get on the object). Discuss what might happen if one of their friends touches the object while it is moist (they might pick up the germs and get sick). Explain that if you wash your hands after sneezing or coughing in them the germs will be washed away and there will be less of a chance for people to get sick.

### Miscellaneous Information:

- Hand washing message needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Teach by example.
- The activity asks each student to write his/her name on the bottom of the page pledging to wash their hands. You may want to post one or all of the activity sheets in the classroom to serve as a reminder of the pledge.
- Please copy the activity on the reverse side of this sheet for the children to complete.

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# Hand Washing Lesson Plan

## Grade 3

Objective: Describe how daily health practices make a difference in their appearance, health, and feeling of well being.

### When to Wash Your Hands:

- After using the toilet.
- Before preparing, touching or eating food.
- After playing with animals.
- After touching money.
- After coughing, sneezing, or blowing your nose.

### How to Wash Your Hands:

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together vigorously for 10 to 20 seconds.
- Scrub underneath the fingernails.
- Rinse thoroughly and dry with paper towel or hand dryer.

### Importance of Hand Washing:

- Germs are so small that you can not see them and they can be found almost everywhere.
- Washing your hands can help to get rid of germs. Germs can make you sick.
- There are many types of germs (e.g., bacteria and viruses).
- Bacteria and viruses cause illness and disease.
- Some illnesses and diseases that are caused by bacteria and viruses are very serious.
- Some examples of illnesses and diseases caused by bacteria and viruses are: colds, flu, pneumonia, hepatitis A and shigellosis.
- Washing your hands is the best way to prevent these illnesses and diseases.

### Miscellaneous Information:

- Hand washing message needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Teach by example.
- The activity asks each student to write his/her name on the bottom of the page pledging to wash their hands. You may want to post one or all of the activity sheets in the classroom to serve as a reminder of the pledge.
- Please copy the activity on the reverse side of this sheet for the children to complete. Answers to the activity are provided below.

### Answers to Activity:

O Z S E I M J K I  
R T O N C P A O S  
E U M E T X B D T  
T V E I G Q N I V  
A E S G O A F C H  
W C A Y H B P X R  
M L E H E A L T H  
R E S E B U R K O  
A A I S F F B L M  
W N D S M R E G N

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# Hand Washing Word Search

Find and circle the eight words in the puzzle below.

GERMS

DISEASE

SOAP

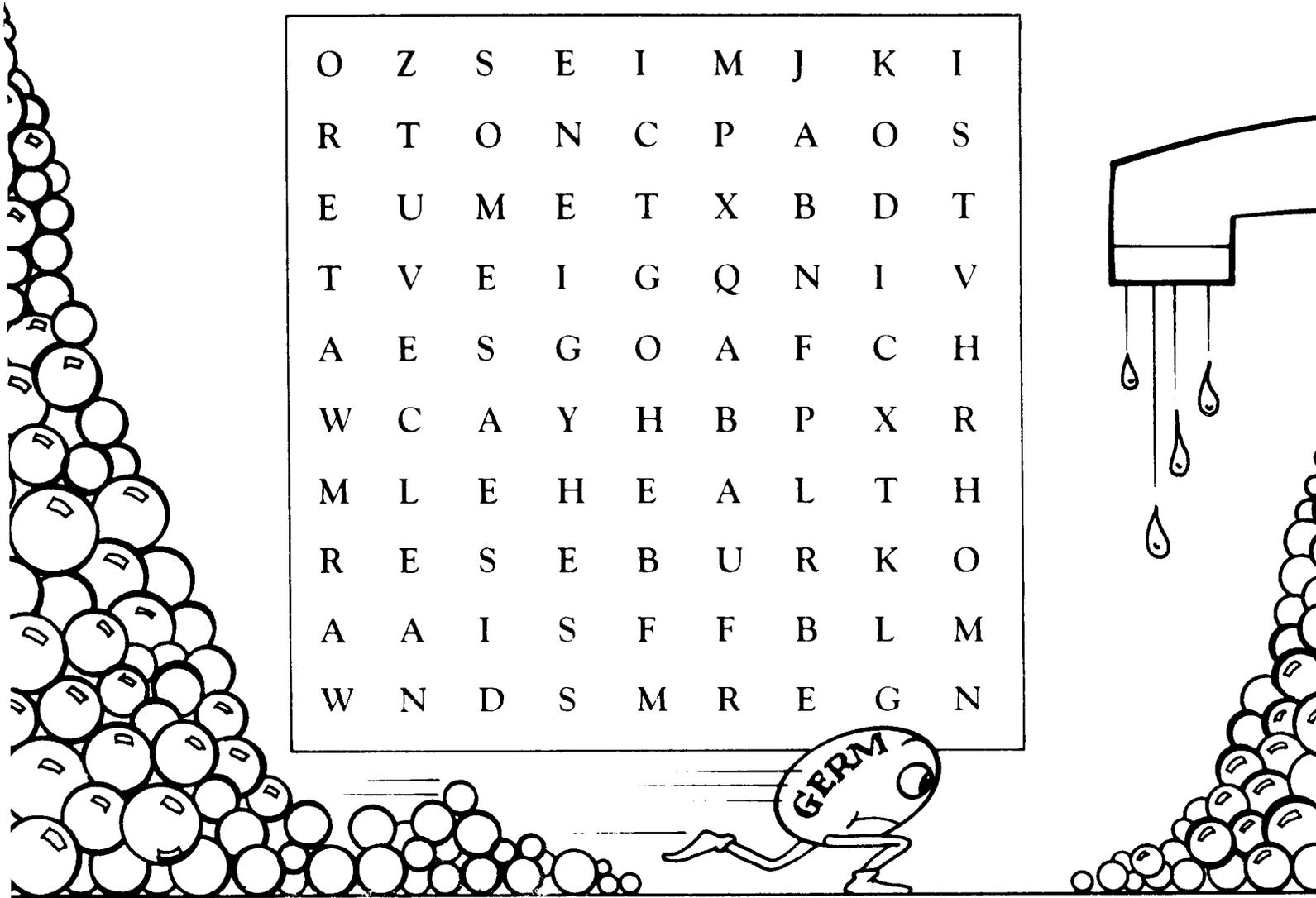
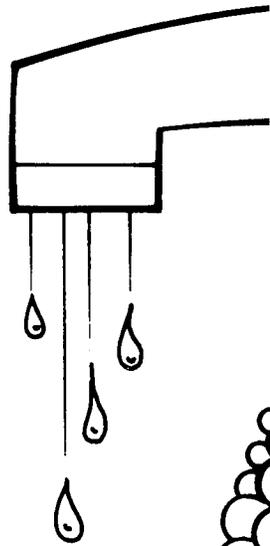
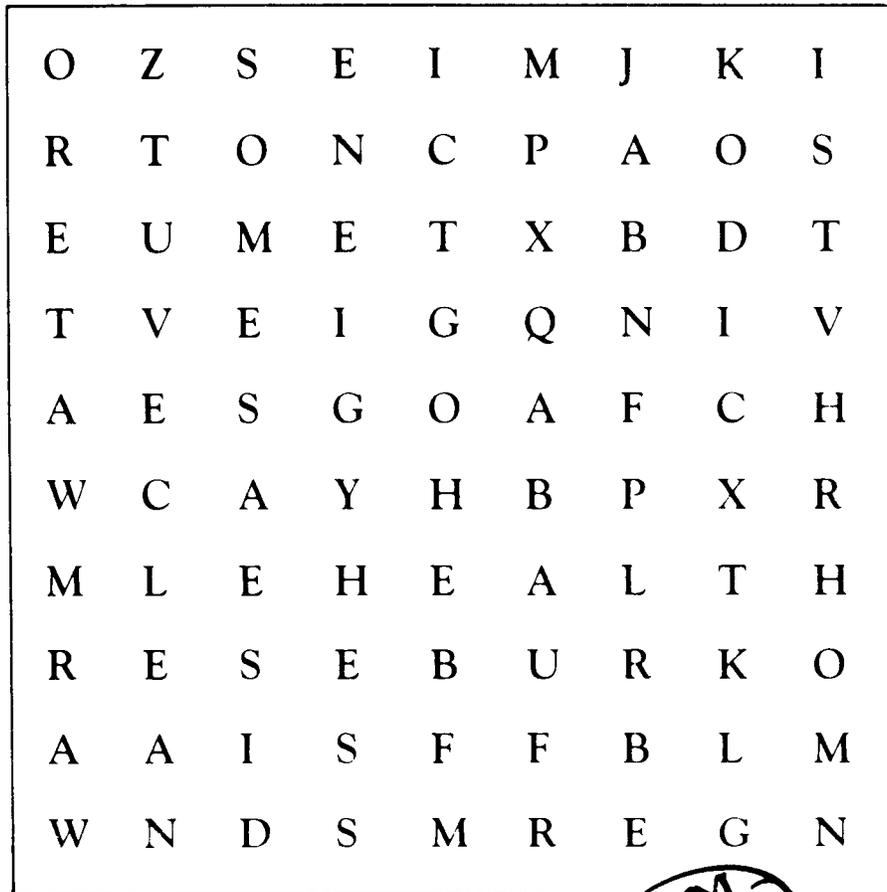
WASH HANDS

WARM WATER

HYGIENE

CLEAN

HEALTH



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# Hand Washing Lesson Plan

## Grade 4

Objective: Describe how daily health practices can affect one's appearance, health, and acceptance by others.

### General Principles:

- Germs are so small that you can not see them and they are found almost everywhere.
- There are many types of germs (bacteria and viruses).
- Bacteria and viruses can cause illnesses and diseases such as: colds, influenza, pneumonia, hepatitis A and shigellosis.
- Washing your hands is the best prevention against these illnesses and diseases!

### How to Wash Your Hands:

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together vigorously for 10-20 seconds.
- Pay special attention to the cuticles and underneath the fingernails.
- Rinse thoroughly and dry off hands with a dry paper towel or hand dryer.

### When to Wash Your Hands:

- After using the toilet.
- After playing with animals, handling money and coughing, sneezing or blowing your nose.
- Before preparing, touching or eating food.

### Importance of Handwashing:

- Illnesses and diseases caused by bacteria and viruses can be very serious and can even cause death if not properly treated.
- Germs can be spread four ways: fecal-oral contact (e.g., hepatitis A and shigellosis), direct/close contact (e.g., lice), blood contact (e.g., HIV/AIDS and hepatitis B), and respiratory/airborne contact (e.g., influenza and colds).

### Miscellaneous Information:

- Hand washing message needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Teach by example.
- The activity asks each student to write his/her name on the bottom of the page pledging to wash their hands. You may want to post one or all of the activity sheets in the classroom to serve as a reminder of the pledge.
- Please copy the activity on the reverse side of this sheet for the children to complete.  
Answers to the activity are provided below:

### Answers to Activity:

- |                      |                               |
|----------------------|-------------------------------|
| 1. M G S E R = germs | 5. S A P O = soap             |
| 2. S V U R I = virus | 6. S E A I D S E = disease    |
| 3. D S N H A = hands | 7. C I B A E A T R = bacteria |
| 4. T R W A E = water | 8. T L E H A H Y = healthy    |

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# HAND WASHING WORD SCRAMBLE

Unscramble the words below. Try not to use the hints.

*Hint:*

*Answer:*

M G S E R

*These are what make you sick.*

\_\_\_\_\_

S V U R I

*This is one type of germ.*

\_\_\_\_\_

D S N H A

*What you should always wash.*

\_\_\_\_\_

T R W A E

*What you wash your hands with.*

\_\_\_\_\_

S A P O

*This helps to eliminate germs.*

\_\_\_\_\_

S E A I D S E

*What germs can cause.*

\_\_\_\_\_

C I B A E A T R

*This is another type of germ.*

\_\_\_\_\_

T L E H A H Y

*Washing your hands can keep you \_\_\_\_\_!*

\_\_\_\_\_



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# Hand Washing Lesson Plan

## Grade 5

Objective: List several common childhood communicable diseases and methods of prevention.

### General Principles:

- Germs are so small that you can not see them and they are found almost everywhere.
- There are many types of germs (bacteria and viruses).
- Bacteria and viruses can cause illnesses and diseases such as: colds, influenza, pneumonia, hepatitis A and shigellosis.
- Washing your hands is the best prevention against these illnesses and diseases!

### How to Wash Your Hands:

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together vigorously for 10-20 seconds.
- Pay special attention to the cuticles and underneath the fingernails.
- Rinse thoroughly and dry off hands with a dry paper towel or hand dryer.

### When to Wash Your Hands:

- After using the toilet.
- After playing with animals, handling money and coughing, sneezing or blowing your nose.
- Before preparing, touching or eating food.

### Importance of Handwashing:

- Illnesses and diseases caused by bacteria and viruses can be very serious and can even cause death if not properly treated.
- Germs can be spread four ways: fecal-oral contact (e.g., hepatitis A and shigellosis), direct/close contact (e.g., lice), blood contact (e.g., HIV/AIDS and hepatitis B), and respiratory/airborne contact (e.g., influenza and colds).

### Miscellaneous Information:

- Hand washing message needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Teach by example.
- The activity asks each student to write his/her name on the bottom of the page pledging to wash their hands. You may want to post one or all of the activity sheets in the classroom to serve as a reminder of the pledge.
- Please copy the activity on the reverse side of this sheet for the children to complete.  
Answers to the activity are provided below:

### Answers to Activity:

**Across** 1) hepatitis 3) vigorously 5) soap 6) toilet 7) fingernails

**Down** 1) hand washing 2) warm 3) viruses 4) bacteria 6) twenty

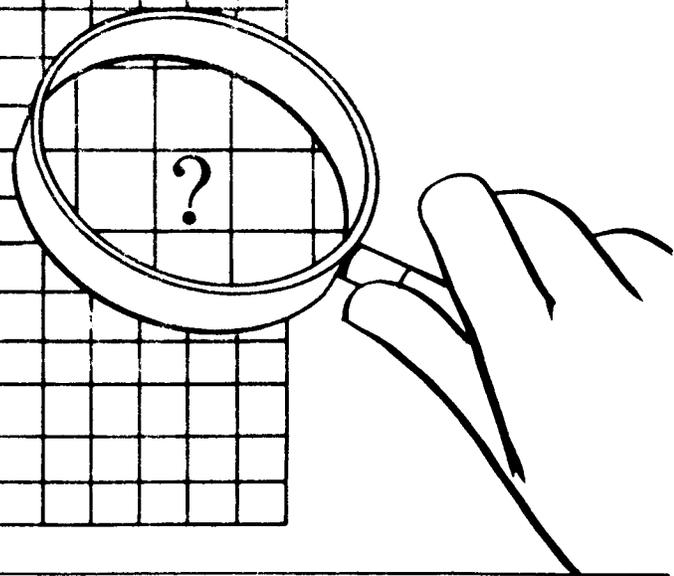
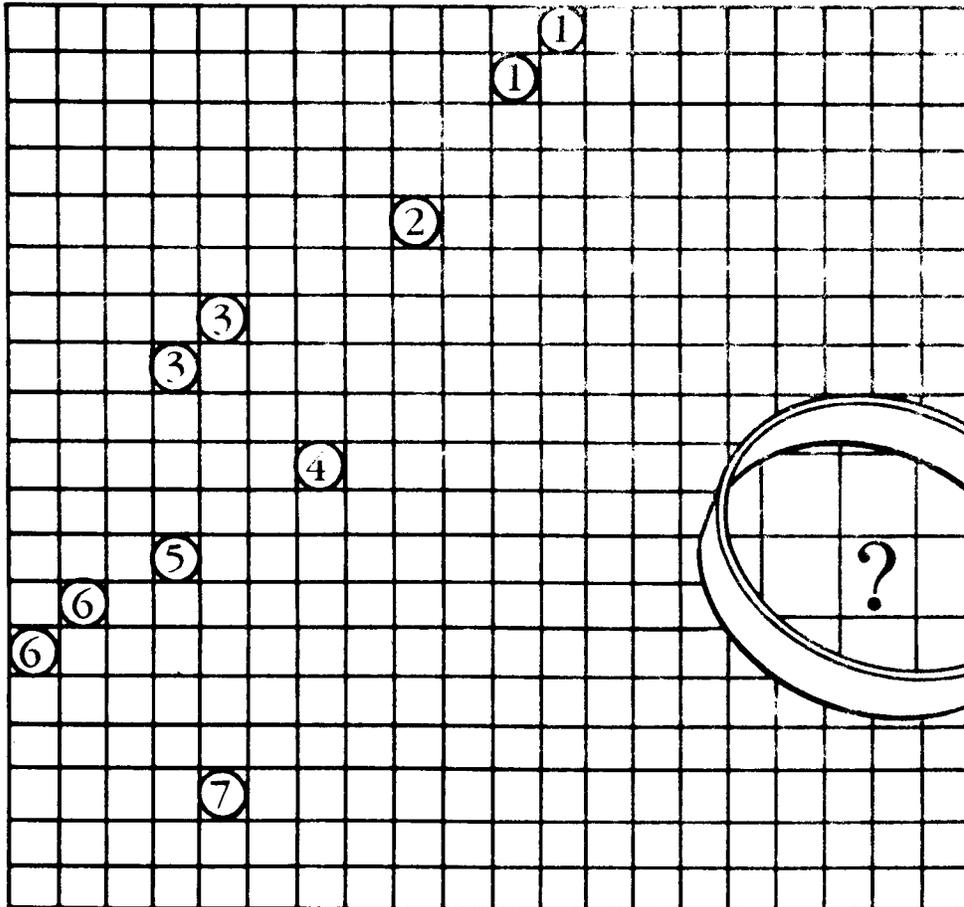
# Hand Washing Crossword Puzzle

## Across

- \_\_\_\_\_ is caused by a virus and can be spread by not washing your hands after using the bathroom.
- When washing hands rub hands together \_\_\_\_\_.
- When washing your hands make sure to use a lot of \_\_\_\_\_.
- The most important time to wash your hands is after using the \_\_\_\_\_.
- The most important part of your hands to wash is under the \_\_\_\_\_.

## Down

- The best prevention against disease is \_\_\_\_\_  
(Two words) water.
- The germ that causes hepatitis A is a \_\_\_\_\_.
- The germ that causes Shigella is a \_\_\_\_\_.
- When washing hands rub together for \_\_\_\_\_ seconds.



Name \_\_\_\_\_

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# Hand Washing Lesson Plan

## Grade 6

Objective: Identify and discuss health practices associated with less illness and longer life expectancy.

### General Principles:

- Germs are so small that you can not see them and they are found almost everywhere.
- There are many types of germs (bacteria and viruses).
- Bacteria and viruses can cause illnesses and diseases such as: upper and lower respiratory tract infections, influenza, pneumonia, hepatitis A and B and shigellosis.
- Washing your hands is the best prevention against these illnesses and diseases!

### How to Wash Your Hands:

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together vigorously for 10-20 seconds.
- Pay special attention to the cuticles and underneath the fingernails.
- Rinse thoroughly and dry off hands with a dry paper towel or hand dryer.

### When to Wash Your Hands:

- After using the toilet.
- After playing with animals, handling money and coughing, sneezing or blowing your nose.
- Before preparing, touching or eating food.

### Importance of Handwashing:

- Illnesses and diseases caused by bacteria and viruses can be very serious and can even cause death if not properly treated.
- Germs can be spread four ways: fecal-oral contact (e.g., hepatitis A and shigellosis), direct/close contact (e.g., lice), blood contact (e.g., HIV/AIDS and hepatitis B), and respiratory/airborne contact (e.g., influenza and colds).

### Miscellaneous Information:

- Hand washing message needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Teach by example.
- The activity asks each student to write his/her name on the bottom of the page pledging to wash their hands. You may want to post one or all of the activity sheets in the classroom to serve as a reminder of the pledge.
- Please copy the activity on the reverse side of this sheet for the children to complete. Answers to the activity are provided below:

### Answers to Activity:

- |                  |                 |
|------------------|-----------------|
| 1. virus         | 6. four         |
| 2. twenty        | 7. vigorously   |
| 3. warm          | 8. hand washing |
| 4. antibacterial | 9. bacteria     |
| 5. fingernails   | 10. toilet      |

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# Secret Code Hand Washing Game

Actual Letter: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
 Secret Code Letter: Z Y X W V U T S R Q P O N M L K J I H G F E D C B A

*Secret code letters are in parenthesis below. Match the code letters to the actual letters to spell a word relating to hygiene.*

1. Type of germ that causes hepatitis A is a \_\_\_\_\_.  
( E R I F H )
2. Wash your hands for at least \_\_\_\_\_ seconds .  
( G D V M G B )
3. When washing your hands use \_\_\_\_\_ water .  
( D Z I N )
4. Hand washing soap should be \_\_\_\_\_ .  
( Z M G R Y Z X G V I R Z O )
5. Most important part of hands to wash is under the \_\_\_\_\_ .  
( U R N T V I M Z R O H )
6. Germs can be spread at least \_\_\_\_\_ different ways.  
( U L F I )
7. When washing your hands rub together \_\_\_\_\_ .  
( E R T L I L F H O B )
8. The best prevention against infectious disease is \_\_\_\_\_ .  
( S Z M W D Z H S R M T )
9. The type of germ that causes Shigella is a \_\_\_\_\_ .  
( Y Z X G V I R Z )
10. The most important time to wash your hands is after using the \_\_\_\_\_ .  
( G L R O V G )



Name \_\_\_\_\_

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