



Scrub Those Bugs

Elementary School Hand Washing Resource Kit

Grade 4 to 6

Grade 4 to 6 lesson plan: hand hygiene

Please note – this lesson plan includes printable sheets. Please contact the KFL&A Public Health Supporting Healthy Schools line if you are unable to print them and require us to send you any of the pages.

Supporting Healthy Schools

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Objectives

- ✓ To educate students about the spread of germs.
- ✓ To increase the frequency of students using good hand hygiene, and cough and sneeze etiquette.
- ✓ To improve hand washing techniques of students.

Success criteria

- ✓ Students will be able to explain why hand hygiene is important to health.
- ✓ Students will be able to explain how germs are spread.
- ✓ Students will be able to describe ways that they can help prevent the spread of germs.
- ✓ Students will be able to demonstrate correct hand washing procedure.



What do we know about germs?

Ask students what they know about germs.

Collect answers.

There are many types of germs.

The three most common types are bacteria, viruses, and fungi.



Bacteria are one celled germs that live in many environments. Some can cause infections in our bodies. Some bacteria are beneficial and necessary to human life. Some bacteria are important in the production of foods like cheese and yogurt, and medication (antibiotics) like penicillin.



Viruses are among the smallest germs, much smaller than bacteria. Viruses infect the cells of living organisms and cause diseases. Some examples are: Influenza (the flu) and chicken pox.



Fungi are plant-like organisms that live off decomposing organic matter. They can be found in air, in soil, on plants, and in water. Some fungi are poisonous and can cause infection. Others are not harmful at all, such as the mushrooms you buy at the grocery store.



Stop the spread of germs

One of the best ways of preventing illness is to stop the spread of germs.

Germs can be spread in a variety of ways:

- Through tiny droplets in the air (released when you cough and sneeze)
- By close contact with another person (kissing, shaking hands, and touching another person) and then touching your nose, mouth, or eyes
- By touching objects (touching toys, doorknobs, crayons, books, counter tops, desks, keyboard, light switches) then touching your nose, mouth, or eyes
- By touching pets.

One of the best ways to prevent the spread of germs is by washing our hands.

Activity

Hand hygiene: the dirt on germs

Video from Eastern Ontario Health Unit and comprehension activity. (See activity section for comprehension activity and answer key).

Students read questions, watch the video, and then answer questions.

This activity can be completed individually, or in pairs or groups.



YouTube video: [youtube.com/watch?v=hD5i3I99mac](https://www.youtube.com/watch?v=hD5i3I99mac)

Activity

Proper handwashing! What gets left on your hands when you don't wash properly

Video from Hamilton Health Sciences. (See activity section for questions and answer key).

Can be followed by the procedural writing activity, or the germ growing activity described in the activity section.



YouTube video: [youtube.com/watch?v=neUTmGOLJys](https://www.youtube.com/watch?v=neUTmGOLJys)

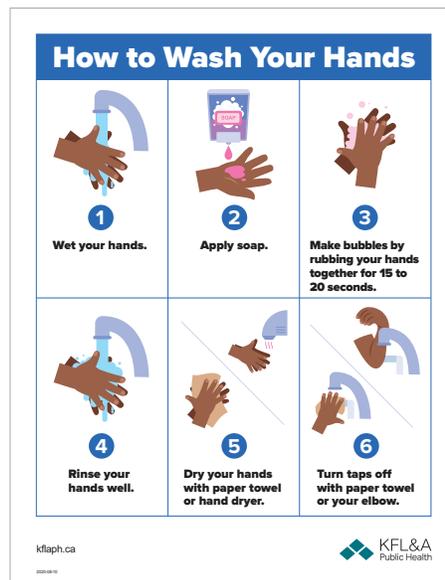
Activity

Procedural writing

(See activity section for templates and posters).

Ask students to think about the steps of handwashing and the steps of using hand sanitizer. Use the templates to write out the individual steps.

The **How to Wash Your Hands** poster and the **How to Use Hand Sanitizer** poster can be used as a reference for this activity or posted in your classroom.



Activity

Cough and sneeze etiquette scenarios

(See scenarios and supporting handouts in activity section).

Students work in groups to read 1 of 3 scenarios. Students discuss scenario and consider what helped to stop the spread of germs and what could be done better next time. Groups take turns presenting their scenarios and responses to class.

Activity

What new information did we learn about germs?

Ask class to share what they learned and add the information to the list that students generated at the beginning of their learning.

Activity

Exit card

(See activity section).

Students complete their own **Handy information I learned about germs** exit card.

Activity

Growing germs

(See activity section).

Science experiment to understand the conditions that enable germs to multiply.

Borrow

Glow germ kit

Resource # 14490

This resource helps to demonstrate that although we can't see them, germs can be on our hands and other surfaces. These germs can easily spread and can make ourselves and others sick.

Hand hygiene: the dirt on germs

Video comprehension activity



1. Why is hand washing so important to keep us healthy?

2. List some common everyday places or surfaces where germs can live:

3. How do the germs that can make you sick get into your body?

4. What can a person do to prevent the spread of germs?

5. How long do we need to wash our hands for?

Answer key

Video comprehension activity

Question 1

Why is hand washing so important to keep us healthy?

Answer 1

It is important to wash our hands throughout the day because germs can be easily spread from person to person or from touching common surfaces where germs can live. Washing our hands is the best way to stop germs from spreading.

Question 2

List some common everyday places or surfaces where germs can live.

Answer 2

Bathrooms, surfaces such as; doorknobs, countertops, handrails, keyboards, phones, video game controllers, etc.

Question 3

How do the germs that can make you sick get into your body?

Answer 3

Germs can be transferred to our bodies without knowing it by touching or rubbing our eyes or nose with our hands or by putting our hands in our mouth. Even though we can't see them, many things we touch everyday are covered with germs.

Question 4

What can a person do to prevent the spread of germs?

Answer 4

- Wash their hands for 20 seconds.
- Cough or sneeze into their elbow.
- Use alcohol-based hand rub when soap is not available, and hands are not visibly dirty.
- Don't touch their eyes, nose, or mouth.
- Stay home when they are sick.
- Avoid close contact with people who are sick.

Question 5

How long do we need to wash our hands for?

Answer 5

The recommended length of time to wash your hands for is 20 seconds.

Procedural writing

How to wash your hands

You will need:

--



Hand washing steps:

1	
2	
3	
4	
5	
6	

How to Wash Your Hands



1

Wet your hands.



2

Apply soap.



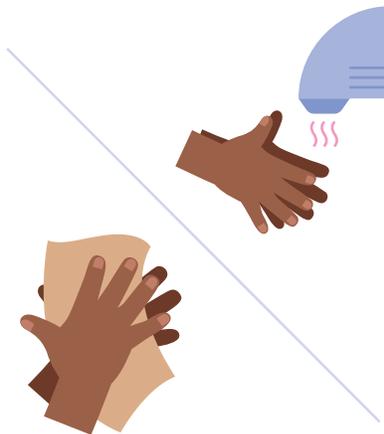
3

Make bubbles by rubbing your hands together for 15 to 20 seconds.



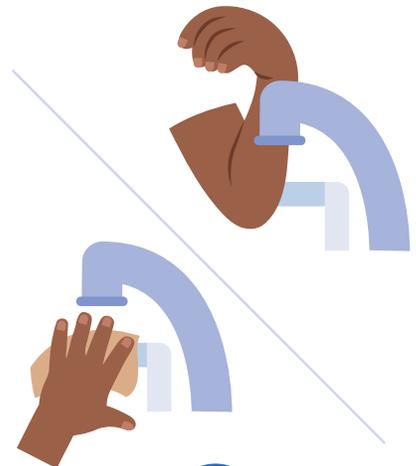
4

Rinse your hands well.



5

Dry your hands with paper towel or hand dryer.



6

Turn taps off with paper towel or your elbow.

Procedural writing

How to use hand sanitizer

You will need:

--



Hand sanitizer steps:

1	
2	
3	
4	
5	
6	
7	

How to Use Hand Sanitizer

1

Apply one squirt



2

Rub all parts of hands



Palm and back of each hand



Between fingers



Finger tips



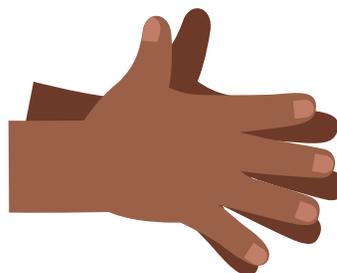
Thumbs



Under nails

3

Rub for at least 15 seconds or until dry



Scenario 1

Cough and sneeze etiquette

You are standing in a crowded bus. You are feeling very tired and starting to feel sick. You start to cough and you use your fist to cover your mouth. You then use that hand to hold onto the hand strap.

Scenario 2

Cough and sneeze etiquette

You are sitting with a group of friends while taking a break from a soccer game. All of a sudden, you start sneezing repeatedly.

The sneezing comes as a surprise and you do not cover your mouth. You even sneeze on your friend sitting in front of you.

Scenario 3

Cough and sneeze etiquette

You are playing basketball with your friends.

You are just getting over a cold and you cough occasionally. When you cough, you do it in your sleeve then properly clean your hands with alcohol-based hand rub.

Scenario observations

Cough and sneeze etiquette

Group members: Discuss the scenario with your group and consider what helped to stop the spread of germs and what could be done better next time.

What helped to stop the spread of germs?

What could be done better next time?



Scenario observations

Cough and sneeze etiquette

Group members: Discuss the scenario with your group and consider what helped to stop the spread of germs and what could be done better next time.

What helped to stop the spread of germs?

What could be done better next time?

Answer key

Cough and sneeze etiquette

Scenario 1

You are standing in a crowded bus. You are feeling very tired and starting to feel sick. You start to cough and you use your fist to cover your mouth. You then use that hand to hold onto the hand strap.

What helped to stop the spread of germs?

- You tried to cover your mouth when you coughed.

What could be done better next time?

- You could use a tissue or your elbow to cover your mouth when you cough or sneeze.
- Use an alcohol-based hand rub to clean your hands.
- To prevent germs from spreading, do not touch objects with the hand you used to cover your cough or sneeze.

Scenario 2

You are sitting with a group of friends while taking a break from a soccer game. All of a sudden, you start sneezing repeatedly. The sneezing comes as a surprise and you do not cover your mouth. You even sneeze on your friend sitting in front of you.

What helped to stop the spread of germs?

- Nothing was done to prevent the spread of germs in this scenario.

What could be done better next time?

- You could sneeze into your elbow.
- Use an alcohol-based hand rub to clean your hands.
- Apologize to your friends if you sneeze on them.
- The person being sneezed on should properly clean or wash their hands and rinse their face (with water only).

Scenario 3

You are playing basketball with your friends. You are just getting over a cold and you cough occasionally. When you cough, you do it in your sleeve then properly clean your hands with alcohol-based hand rub.

What helped to stop the spread of germs?

- Using your sleeve to cover your mouth when coughing and sneezing.
- Cleaning your hands with an alcohol-based hand rub after each time you cough.

What could be done better next time?

- Stay home when you feel sick to prevent passing germs to friends.

Exit card

Handy information I learned about germs



1	
2	
3	

I understand that washing my hands helps keep me and my friends feeling healthy.

Signed: _____



Exit card

Handy information I learned about germs



1	
2	
3	

I understand that washing my hands helps keep me and my friends feeling healthy.

Signed: _____

Science experiment

Growing germs



Objective:

To understand conditions which enable germs to multiply.

Materials:

- Glass jars and lids
- Potato
- Knife
- Labels
- Liquid soap

Procedure:

1. Wash glass jars and lids in hot, soapy water. Dry thoroughly.
2. Lightly wash and dry potato to remove visible dirt.
3. Cut potato into quarters. Place 1 piece, that no one has touched, into glass jar. Cover tightly with lid. This is the control potato. Label jar.
4. Following a recess or play outdoors, have the students liberally touch a piece of potato without washing their hands. Place the potato into a glass jar and cover tightly with a lid. Label jar.
5. Divide students into two groups. Have one group rinse their hands only and have the other group wash their hands for at least 15 seconds with ordinary hand soap. Each group should touch only one piece of potato after washing their hands. Place each potato into separate glass jars and cover tightly with a lid. Label jars.
6. You may vary the experiment by dividing the class into smaller groups and use different types of soap or different dirty hands (sneezing, playing with dirt, handling paper, etc.)
7. After five to seven days, observe and record results of the experiment.
8. Have students draw the results of the experiment on a display poster or in their journals.