

Roads to Learning and Earning

Lesson Plan



Topic/Title of Plan: Personal Hygiene-Hand washing

Lesson Developed By: Harnett County Schools

School: WHMS, DMS, CEMS

Objective Being Taught	Understand that cleanliness is important to health. Explain the importance of being in charge of their own bodies.
RTLE Matrix Objective	By reviewing functional life skill resources, provide students and families with skills for living as independently as possible in the community.
Student Audience/Length	Life Skills-Middle/High School/ 30 minutes
Materials/Resources Needed	Spray Bottle, water, liquid or pump soap, Hand Washing Pledge worksheet/coloring page website: http://www.mass.gov/eohhs/docs/dph/cdc/handwashing/lesson-plans-k6.pdf
Teaching Procedure	<u>Explain how to properly wash your hands:</u> 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. <u>When to Wash Your Hands:</u> After using the toilet. Before eating or touching food. After playing with animals <u>Procedures:</u> <ul style="list-style-type: none">• 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.
Check for Understanding	Demonstrate the hand washing process daily.

and Assessment of Lesson	
Wrap Up/Review	Reflection-Reinforce hand washing procedure throughout the day, especially after using the bathroom, before lunch, and after using the bathroom.