

Today is Global
Handwashing Day



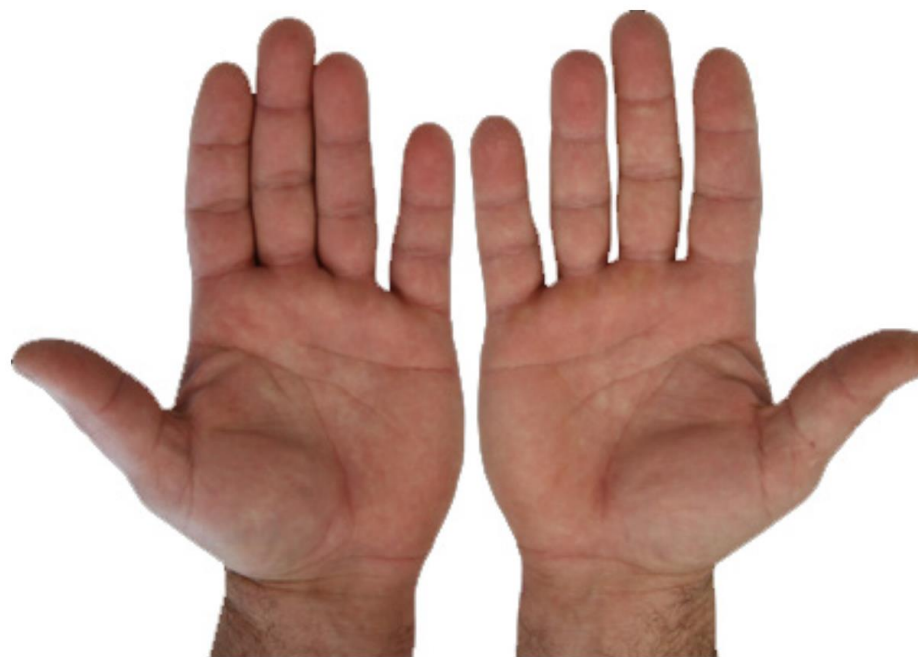
Children and adults all over the world need to wash their hands to stay healthy.



Let's remind ourselves of [how to wash our hands:](#)

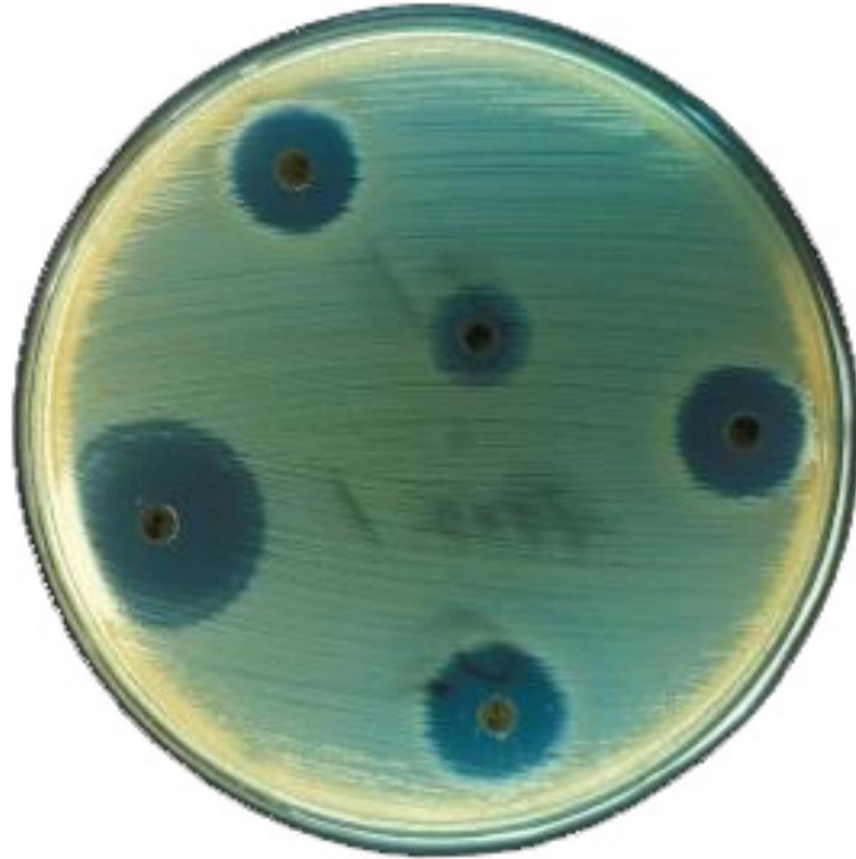


Which hands are cleaner? How can you tell?



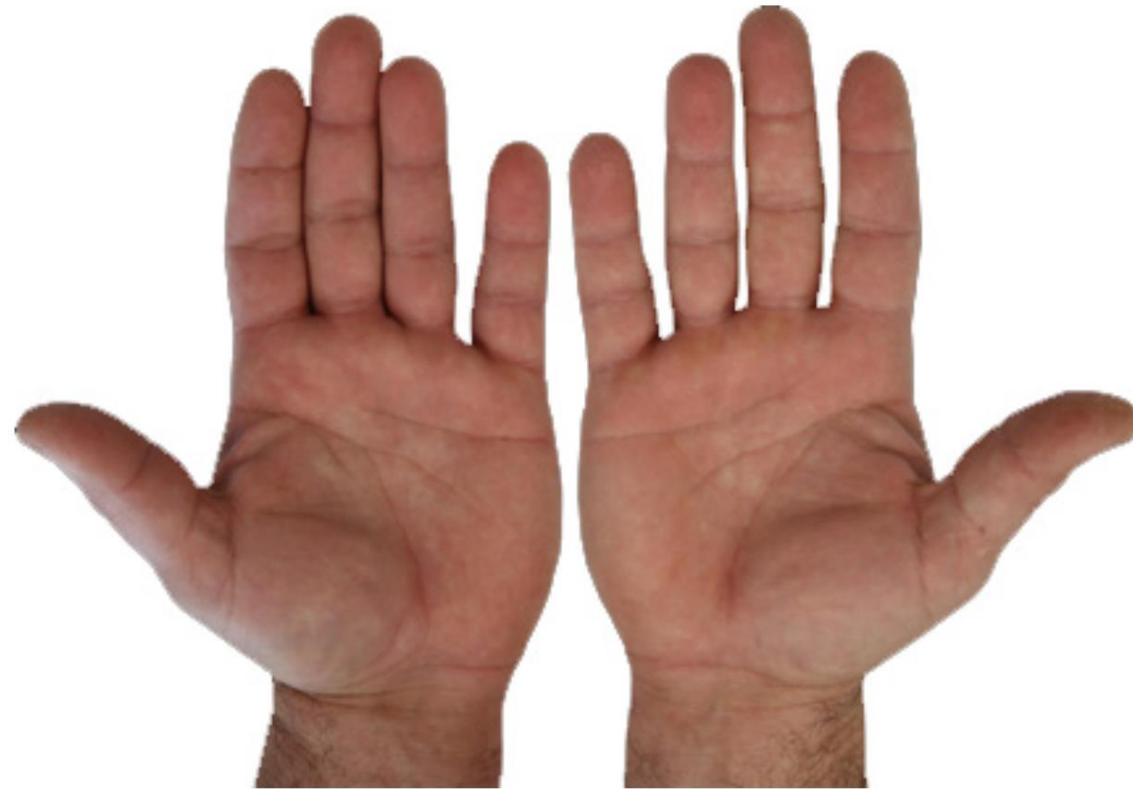
A girl called Anna had been playing in the garden with her dog Benjy. When she came in, her hands looked clean and she didn't want to wash them. Do you think her hands were clean? Why not?

Anna's mum is a scientist so she asked Anna to print her hand into a little dish of a special gel which allows germs to grow. The dish was left for one week. Let's see what it looked like.



Here is the gel. What can you see? The big blobs are the germs which have grown. Where did the germs come from?

Even when our hands look clean, they may not be.



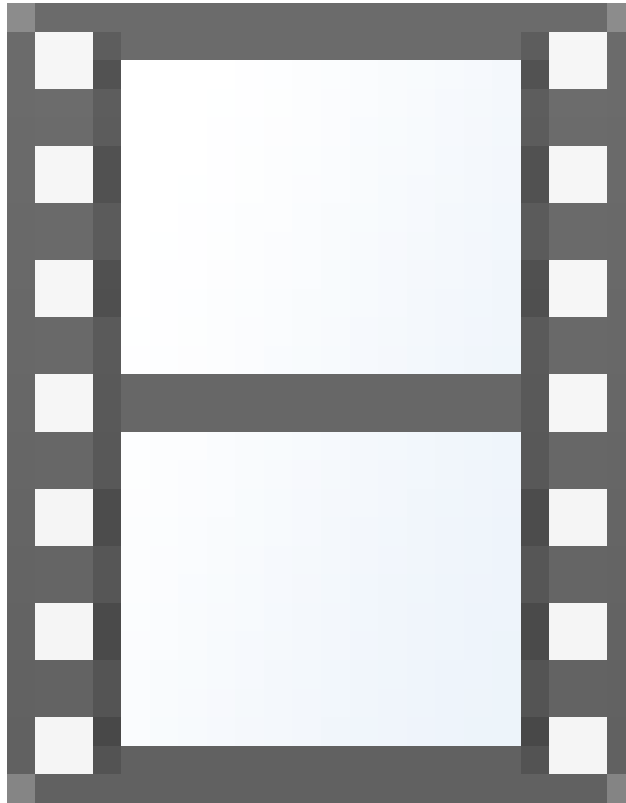
Imagine that the glitter in [this video](#) is germs.



When should we wash our hands? Talk to the person next to you.

- When we come in to school or into our house from outside
- When we have been on public transport (a bus or the Tube)
- Before we go out to play
- When we come back in from the playground or from doing things outside
- Before eating or preparing food
- After the toilet
- When they are dirty
- If we sneeze or cough into them (PLEASE sneeze or cough into a tissue or your elbow)
- After using a tissue and binning it
- Before we touch someone if we have been sucking our hands or sucking our fingers
- Before and after we touch someone who is not well
- After touching animals and birds

Do we really need to use soap? Watch this [video](#) then discuss with a partner.



But what about countries like Malawi where not everyone has access to water from a tap, let alone soap?



Starfish Malawi has provided wash stands in many communities.



Starfish Malawi is working hard to make sure everyone has access to clean water and soap.



A message from [Chris Knott](#), founder and
Chairman of Starfish Malawi.



Clean hands song

https://www.holytrinitynorthwood.org/website/handwashing_song/448096

(Scroll down to 4th item on the page)

Washing hands is fun, soap with bubbles on,

Rub the fronts and backs,

We'll be eating soon.

Chorus

Keep friends safe and well by making better choices,

After you use the toilet make sure you wash your hands.

2. Fingers open wide just like a High Five,
Fronts and backs and gaps,
Now we feel alive.

Chorus

Keep friends safe and well by making better choices,
After you use the toilet make sure you wash your hands.

3. Rub nails upon each palm till all the dirt is gone

Your finger tips are clean,

And you're fit and strong.

Chorus

Keep friends safe and well by making better choices,

Cover up a sneeze and make sure you wash your hands.

4. Wash both thumbs and wrists, rinse the soap and dry,

Keep buckets full by day

And keep them safe at night

Chorus

Keep friends safe and well by making better choices,

Be happy and healthy by keeping your hands clean.

Your challenge ... (please adapt according to your school's preference)

- Design a poster to encourage children and adults to wash their hands frequently and correctly
- Write a poem about handwashing

The winning entry will receive a fantastic Starfish Malawi pen.

