

# Lesson Plan UK Schools

## Hand washing



<b>Year Group:</b>	<b>Date:</b>	<b>Number of learners:</b>
<b>Context:</b> Starfish Malawi's Health and Hygiene project includes lessons taught in schools in Malawi and the UK.	<b>Learning Objectives:</b> To understand how poor hand hygiene contributes to disease and ill health To learn about good hand hygiene To understand that we are privileged to be able to access toilets and hand washing facilities with soap and running water	
<b>Success criteria:</b> I understand why I should wash my hands thoroughly for at least 20 seconds I understand that washing hands with clean water and soap can prevent the spread of disease	<b>Global Goals for Sustainable Development:</b> 3 Good health and wellbeing 6 Clean water and sanitation	
<b>Technical Vocabulary:</b> Health Hygiene Bacteria/microbes	<b>Resources:</b> <b>WHO hand washing poster</b> <a href="https://www.who.int/gpsc/5may/Hand_Hygiene_When_and_How_Leaflet.pdf?ua=1">https://www.who.int/gpsc/5may/Hand_Hygiene_When_and_How_Leaflet.pdf?ua=1</a>  UV light UV glow lotion  NB If not available, watch the following: <a href="https://www.youtube.com/watch?v=dcePBeEdT4Q">https://www.youtube.com/watch?v=dcePBeEdT4Q</a> or <a href="https://www.youtube.com/watch?v=vllfsZYRa34">https://www.youtube.com/watch?v=vllfsZYRa34</a>	
<b>Organisation of activity:</b> Introduction: Our hands naturally secrete oil which helps to keep our skin moist and stops it getting too dry. This oil, however, is a perfect place for microbes to grow and multiply and helps microbes 'stick' to our skin. Our hands are naturally covered by our useful bacteria – usually useful <i>Staphylococcus</i> . Washing our hands regularly helps to remove the other microbes we collect from our surroundings (e.g. home, school, garden, animals, pets, food). Some of these microbes can make us ill if eaten or breathed in.  In groups, ask children to make a list of all the times during the day they should wash their hands. Take feedback. The list should include: when they are dirty, before touching your face or eyes. before and after touching someone who is not well before and after food preparation, before eating,		

after toilet,  
after touching face/nose, blowing nose, coughing and sneezing,  
before touching a wound or cut  
after changing nappies or helping a child in the toilet  
after handling animals or animal waste or rubbish etc.  
when you have been on public transport  
whenever you come into your home from being out.

Talk through the WHO handwashing poster with the children, demonstrating each step and getting them to copy. Learn the Holy Trinity/Mkhanakhoti handwashing song.

[https://www.holytrinitynorthwood.org/website/handwashing\\_song/448096](https://www.holytrinitynorthwood.org/website/handwashing_song/448096)

Discuss some other things we need to think about when washing hands:

- 1 Decide we need to do it
- 2 Pull up our sleeves
- 3 Make sure the water is not hot and going to burn you – cold water works just as well
- 4 The tap runs but not too fast- just slowly
- 5 One squirt of liquid soap or rub hands with a bar of soap
- 6 Use the WHO handwashing technique, paying particular attention to the importance of washing between the fingers and rubbing hard. It is also important to stress that washing hands should extend to the wrists. This is particularly important during coronavirus where children may have leaned on a table in school or on the ground and picked up the virus.
- 7 Shake hands inside the basin area to get off some of the water
- 8 Be careful not to pull out more than one paper towel
- 9 Dry with one towel unfolded and dry properly
- 10 Put the towel neatly in a bin:

Either demonstrate with a UV light box and gel/powder or watch a YouTube clip of a demonstration of how easy it is to miss parts of your hands unless the correct handwashing technique is followed.

Independently or in groups (this could also be a homework activity) design a poster to encourage children in the school to wash their hands properly. For examples, see

<https://www.holytrinitynorthwood.org/website/handwashing/452465>

Share with link schools and on school website/social media.

### **Plenary**

Reflect on how privileged we are in the UK and how we should be grateful that we have toilets, hand wash facilities and soap to keep us well.

Say the Hand wash prayer:

#### Hand wash prayer

Our dear heavenly Father thank you so much for the privilege of having toilets and being able to wash our hands; please help us to show friendship to everyone by keeping our hands clean to protect each other from germs. Thank you for the children who tell us when something has spilt or has run out in the toilets. Please help us all to keep the toilets tidy thereby showing respect for each other, for the teachers and all the adults who kindly provide us with soap, towels and a clean school.

Thank you Lord, in the name of Jesus, Amen

## Evaluation