



FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

Integrating Gender and Nutrition within Agricultural Extension Services

Nutrition Activity Sheet 9

Hand Washing Activity

Age:

7 – 9 years

(for 5-6 y old children divide the activities through the day)

Time:

20-30 minutes

Materials Needed:

- Sand
- Soap or Ash
- Water



Sand on the teacher's / children's hands representing germs



Handwashing Steps

(Georgia Dept. of Human Resources). Also see

www.who.int/gpsc/tools/Bangladesh_handwash.pdf

Introduction

Children need to practice good hygiene on a daily basis to prevent illnesses and infections. Infections reduce the absorption of nutrients. Good hygiene involves washing hands several times throughout the day, covering the mouth when coughing, and wiping the nose with a clean cloth. The goal of the “Hand Washing” activity is for children to properly wash their hands on a daily basis.

Objective

After the lesson, children will be able to:

- 1) Identify when to wash their hands
- 2) List the steps to wash their hands
- 3) Understand the importance of washing their hands
- 4) Identify how germs can spread
- 5) Wash their hands adequately

Guide

Use infographics (example World Health Organization) to guide your discussion. Infographics can be obtained from a local clinic or downloaded from the Internet (some sites included below). Use the guide to show children why, how, and when to wash their hands:

Class Activities

1. **Awareness.** Ask children when they should wash their hands and why. Explain to them all the times they need to wash their hands and the importance of washing their hands (objective 1). (~ 5 minutes)
2. **Demonstration.** The instructor will show the children how to wash their hands (objective 2).
 - a. The instructor places her hands in sand to show the children the amount of “germs” normally present on their hands.
 - b. The instructor rubs both hands together under water with soap or ash for at least 20 seconds.
 - c. Sing a song (popular song, suitable for 20 seconds) for the children to understand the time it takes to scrub hands.
 - d. After 20 seconds, rinse the soap or ash from your hands. Then wipe your hands on a clean cloth. (~ 5 minutes)

Germ spread I. This activity will show the spread of germs from one person to another by touching (objective 4).

- e. Pick a few children from around the classroom to come to the front. Have the children stick out their right hand, palm up, and put some sand in each hand. These children now have “germs.” Send them back to their seats with the sand still in their hand. (~ 3 minutes)
- f. Have all the children with “germs” shake hands with three other children next to them. (~ 1 minute)
- g. When everyone has finished, ask students to look at their hands. Who has sand on their hands? Emphasize how easy it was for the germs to spread. (~ 1 minute)

Germ spread 2. This activity will show the spread of germs from one person to another without touching the person by sneezing or coughing (objective 4).

- h. Pool some sand in your palm and fake coughing or sneezing into it.
- i. For added effect (and fun), blow lots of air into your palm. The sand should go everywhere, showing the children how germs spread. (~ 2 minutes)
- j. Have another person close when you blow the sand to show how those germs can easily transfer to another person through the air. (~ 3 minutes)

3. **Application.** Have children wash their hands to remove the germs using the techniques they learned in class. (objective 5) (~ 5 minutes)

Emphasize that warm water and soap are best, but using ash and water can work too. (~ 3 minute)

References

"Tippy Taps to Enhance Hygiene and Nutrition." SPRING. www.spring-nutrition.org/about-us/activities/tippy-taps-enhance-hygiene-and-nutrition (accessed February 6, 2016)

Center for Affordable Water and Sanitation Technology. Water, Sanitation and Hygiene Poster Set with Trainer Guide. 2012. http://resources.cawst.org/package/water-sanitation-and-hygiene-poster-set-trainer-guide_en (accessed June 5, 2016)

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Prepared by Mary Gan,
University of Illinois at Urbana-Champaign