



# Overview

This lesson is an overview of the correct way to wash your hands. It's important that children are taught the proper way to wash their hands to prevent the spread of germs and diseases. The purpose of this lesson is to teach kids why something as little as washing their hands is very important for their health and others' health as well.

# Materials Needed

- Clean Water
- Soap

# Steps

1. Wet hands in clean running water. Once hands are wet, turn off water.
2. Apply soap to wet hands and begin to rub your hands together. Make sure to wash the back of your hands, in between your fingers, your thumbs, and under your nails.
3. Rub the soap on your hands for at least 20 seconds. A good way to keep track is to sing "Happy Birthday" twice. It's important to wash your hands with the soap for 20 seconds because that is the time it takes all germs, bacteria, and viruses on your hands to wash away.
4. When you've reached 20 seconds, rinse your hands with clean running water, getting rid of all the soap.
5. Dry your hands off with a towel or use a dryer and you are done!

# Terminology Associated with Lesson

**Germ**s - a microorganism, especially one which causes disease

**Bacteria** - a microscopic living organism that can be dangerous and cause infection

**Virus** - a disease causing agent that is too small to be seen under a microscope

# Notes To Instructor

Take time to make sure proper handwashing is a habit for your children as it will protect them and others their whole life!