



# Spread of Infection: Hand Hygiene

**By taking part in a classroom experiment children learn why it is important to wash hands properly and learn the best method and order for hand washing.**

## Early Years Framework links

### Communication and language development

- Listening and attention
- Understanding
- Speaking

### Physical development

- Health and self-care

### Expressive arts and design

- Exploring and using media  
and materials

## Key Words

Soap, Hygiene, Infection

## @ Weblink

[e-bug.eu/eng/EYS/lesson/  
Hand-Hygiene](http://e-bug.eu/eng/EYS/lesson/Hand-Hygiene)

## Learning Outcomes

Children will:

- Understand that we wash hands to remove germs (microbes).
- Understand the sequencing of hand washing and nose blowing.
- Understand how to blow their nose to minimise the risk of transmission of infection.



## Resources Required

**Main Activity: Balloon Hands**  
*Per child*

☐ Disposable plastic/vinyl gloves

*Per group or class*

☐ Basin

☐ Water

☐ Hand soap

☐ Washable black marker

**Extension Activity: Hand Washing and Nose Blowing Flashcards**

☐ TS1 Hand Washing and Nose Blowing Flashcards

**Extension Activity: Picture Sequencing Activity**  
*Per child*

☐ SW1 Picture Sequencing Activity

☐ Glue sticks & paper or card

**Extension Activity: Hand Washing Chart**  
*Per child*

☐ SW2 e-Bug Healthy Hands Hand Washing Progress Chart

## Advance preparation

1. Fill a basin with soapy water
2. Inflate vinyl gloves with air and tie at the bottom to create hand balloons
3. Draw circles and dots on the balloon hands with washable marker to resemble germs

## Health and Safety

Ensure that children have no soap allergies or sensitive skin conditions

For safe microbiological practices in the classroom consult CLEAPPS

[www.cleapps.org.uk](http://www.cleapps.org.uk)

## Supporting Materials



TS1 Hand Washing and Nose Blowing Flashcards



SW1 Picture Sequencing Activity – Place hand washing in the correct order

Healthy Hands Handwashing Chart		MON	TUE	WED	THU	FRI
Name _____		I washed my hands before school				
Class _____						
		I washed my hands after breaktime				
		I washed my hands before lunch				

Add a picture or star each time you wash your hands!

SW2 e-Bug Healthy Hands Hand Washing Progress Chart

# Lesson Plan



## Introduction

When introducing students to the concept of microbes, you can refer to the teacher refresher section for more information.

1. Begin the lesson by asking how many children have washed their hands today? Ask them why they washed their hands (to wash away any dirt or germs microbes that might be on their hands) and what would happen if they didn't wash their hands (they might get ill as they ingest harmful microbes on their hands).
2. Talk to the children about how we use our hands all the time, and that they pick up millions of microbes every day. Although many of these are harmless, some could be harmful. Explain that we spread our microbes to our friends and others through touch, and this is why we wash our hands.
3. Describe key times we should be washing our hands (especially after using the toilet and before eating).
4. Explain to the children that they are going to do an activity to demonstrate how microbes are all over our hands and how best to wash them off.

## Discussion

Discuss with the children where the microbes on the balloon hands may have come from. Emphasise to children that not all the microbes on their hands are harmful; there may also be useful microbes there too.

Emphasise to the children that we also need to wash our hands properly. Highlight that microbes like to hide in between fingers and under the nails. It is important to know both **WHEN** and **HOW** to wash our hands properly to prevent spreading microbes and potentially infection. When you must sneeze and you can't wash your hands, a solution may be to sneeze or cough onto your sleeve/elbow.

## Main Activity: Balloon Hands

**1 Add marks using washable marker to a balloon**



**2 Wash the marks off the balloon**



**3 What did you see?**

1. Demonstrate how to wash the marker off the balloon hands with soapy water.
2. Provide each child with a balloon hand covered in microbes (washable marker).
3. The children should take turns thoroughly scrubbing the marker off the balloon hands in the basin of soapy water.
4. Have a conversation with the children about what they saw. How long did it take for all the microbes to disappear? Why do you think it's important to wash our hands? If we didn't use soap would it have worked?

**Children should notice that it is much easier to wash off the marker pen with soapy water.**

Now visit [e-bug.eu/eng/EYS/lesson/Hand-Hygiene](http://e-bug.eu/eng/EYS/lesson/Hand-Hygiene) to find a NHS demonstration and the UKHSA hand washing song to help make the correct technique more memorable for little hands



## Extension Activities

### **Hand Washing and Nose Blowing Flashcards**

TS1 is a useful way to support learning. Cards can be cut and laminated for future use or displayed on a whiteboard. Ask children to name the image, the correct word is shown on the card.

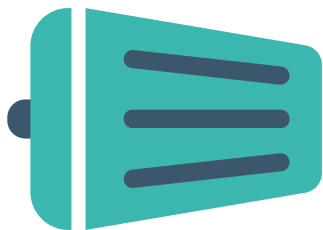
### **Picture Sequencing Activity**

Provide SW1 to a child or group. Supply paper, card and glue sticks and ask children to sort the cards into the correct order and stick them onto the paper or card with glue.

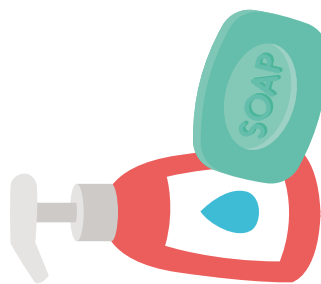
### **Hand Washing Chart**

SW2 is a useful way to encourage routine hand washing. Provide one sheet per child. Ask children to mark or draw a picture every time they wash their hands to keep track of how often they have washed their hands during one school-week. This can be completed in the classroom or at home.





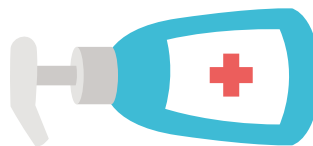
**Bin**



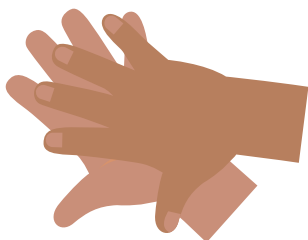
**Soap**



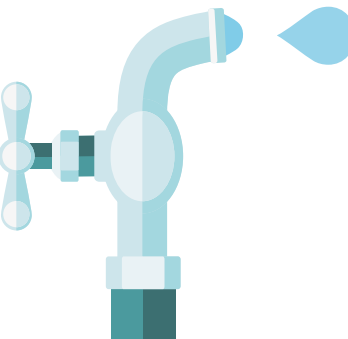
**Tissue**



**Hand sanitiser**



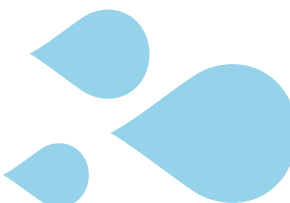
**Hands**



**Tap**

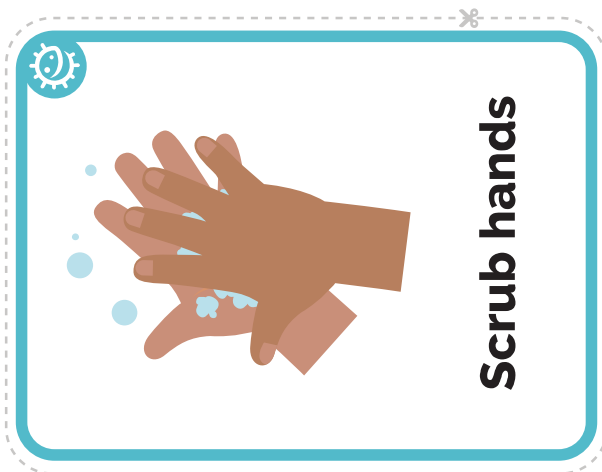
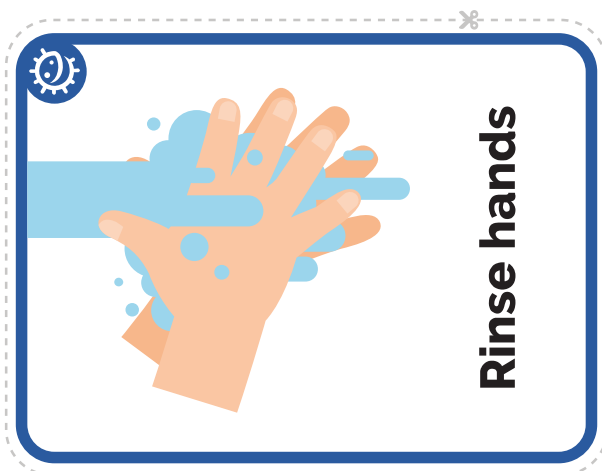
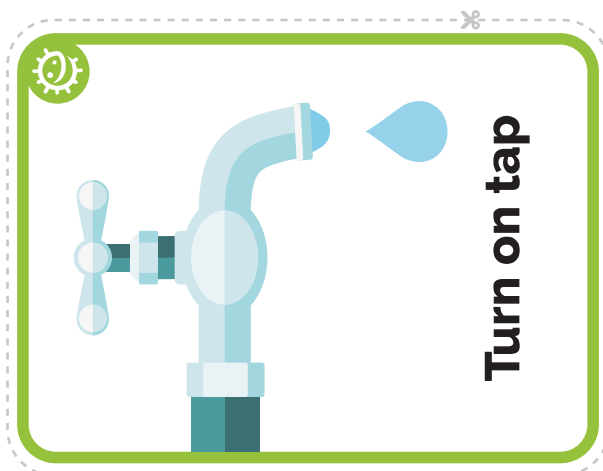
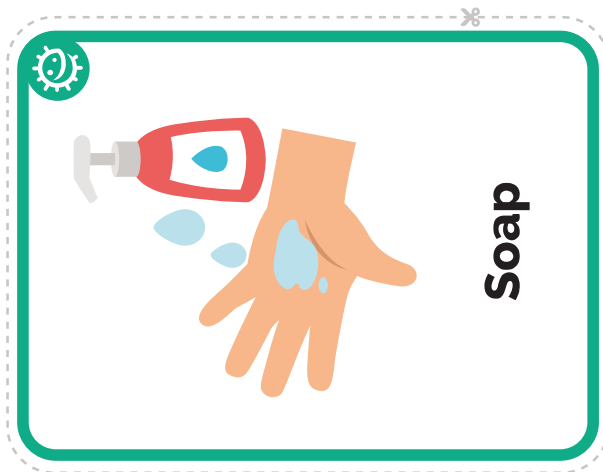


**Sneeze**



**Water**







# Healthy Hands

## Handwashing Chart

MON	TUE	WED	THU	FRI
-----	-----	-----	-----	-----

I washed my hands before school

--	--	--	--	--

Name

I washed my hands after breaktime

--	--	--	--	--

Class

I washed my hands before lunch

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**Add a picture or star each time you wash your hands!**

