



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.

Northern Ireland Curriculum Links

Curriculum Key Elements

- Personal health and moral character

Curriculum Skills

- Communication
- Thinking
- Problem solving
- Decision making

Curriculum Areas of Learning

- Language and literacy
- Personal development and mutual understanding (PDMU)
- The world around us (TWAU)

Key Words

Soap, Hygiene, Infection

@ Weblink

www.e-Bug.eu/ey-hand-hygiene

Learning Intention

Children will:

- Develop an understanding of how personal hygiene practices, such as handwashing and nose blowing, help to prevent the spread of germs and maintain health



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

Supporting Materials



TS1 Hand Washing and Nose Blowing Flashcards



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

		MON	TUE	WED	THU	FRI
Healthy Hands Handwashing Chart	I washed my hands before school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Name <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I washed my hands after breaktime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class <input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	I washed my hands before lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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 children to the concept of germs, 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 germs on their hands).
2. Talk to the children about how we use our hands all the time, and that they pick up millions of germs every day. Although many of these are harmless, some could be harmful. Explain that we spread our germs 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 germs are all over our hands and how best to wash them off.

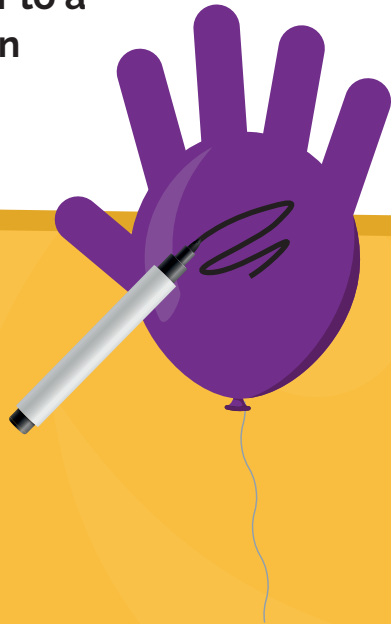
Discussion

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

Emphasise to the children that we also need to wash our hands properly. Highlight that germs 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 germs 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 germs (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 germs 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 www.e-Bug.eu/ey-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.

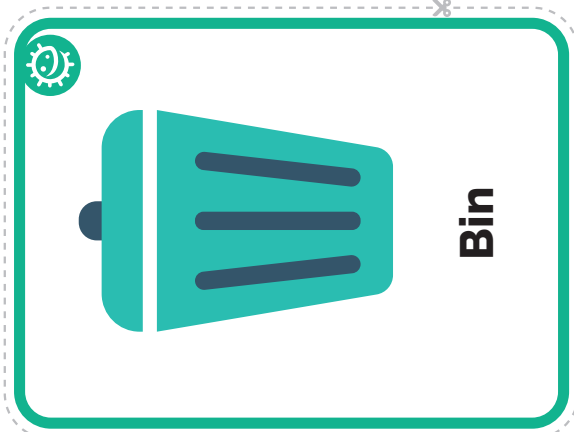
Picture Sequencing Activity

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.

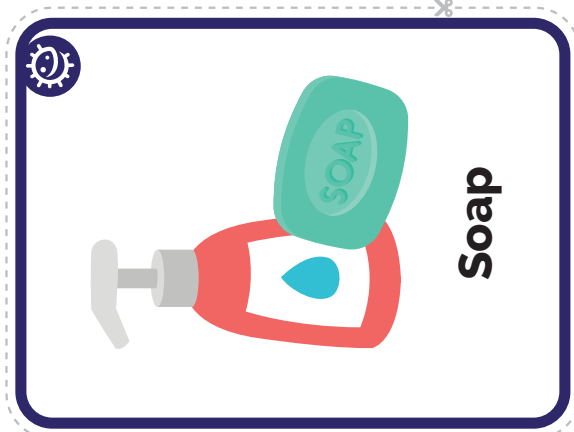
Hand Washing Chart

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.





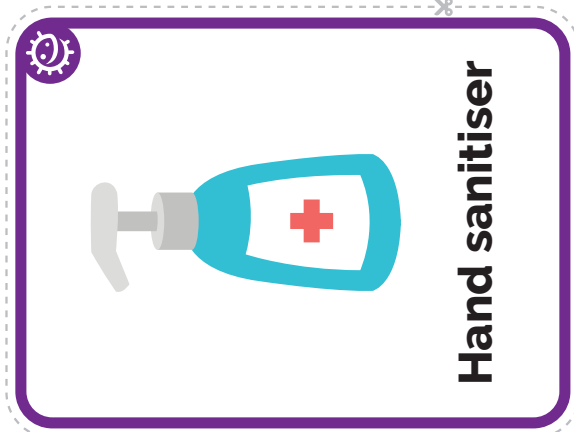
Bin



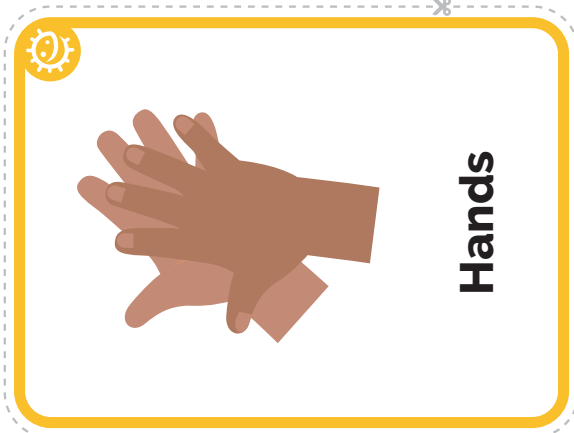
Soap



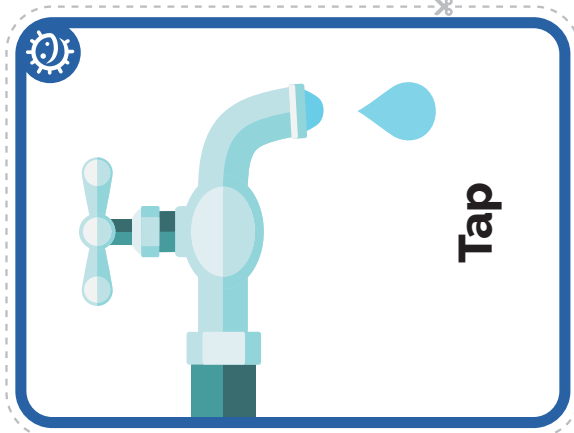
Tissue



Hand sanitiser



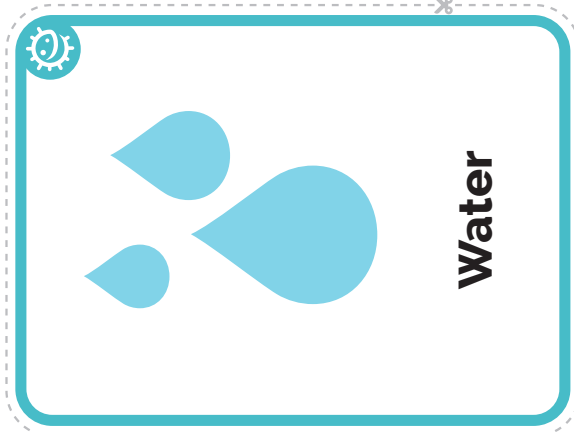
Hands



Tap

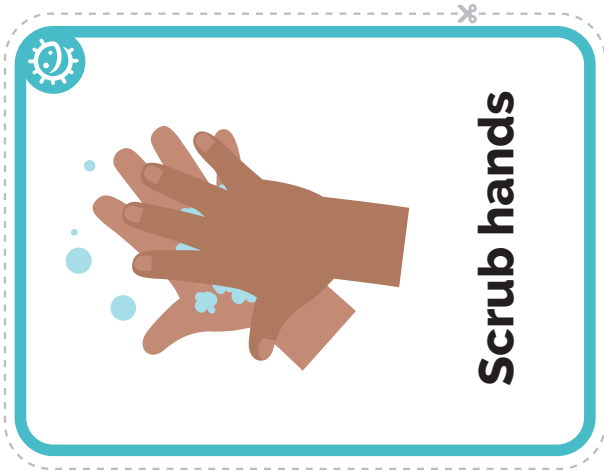
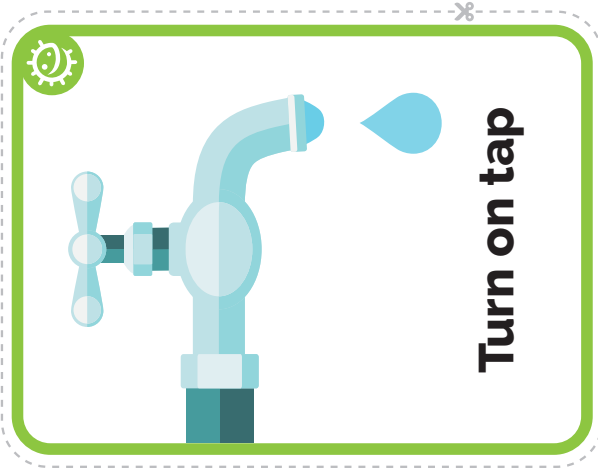
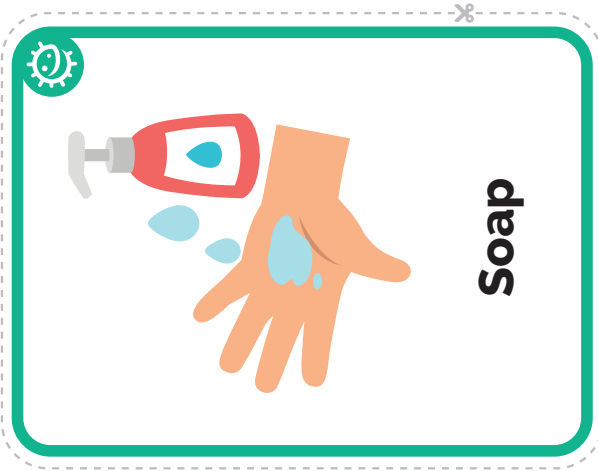


Sneeze



Water

SW1 - Picture Sequencing Activity – place hand washing in the correct order





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!

