

## Hand Washing for Children

### A. Objectives

1. Basic germ information
  - a. Where do germs come from?
  - b. What do germs do?
2. Needs for hand washing
  - a. Why do we hand wash?
  - b. When do we hand wash?

### B. Teaching strategies

1. Demonstrate to the children proper hand washing techniques
2. Using rewards for participation (stickers, etc)
3. Visual aids (poster board with germ pictures, etc)
4. Sharing personal experiences

### C. Active learning methods

1. Have the children practice hand washing
  - a. Using hand sanitizer (as imaginary washing)
  - b. Imitating and playing with hands
  - c. Actual hand washing in restroom with soap and water
2. Teach hand washing by using songs and games
  - a. Using common songs
  - b. Using games

The teaching experience went great, but a lot different than I imaged. When we first arrived we went into one of the classrooms and asked the teacher if we could observe the kids for a couple of minutes before we got started to get a good feel for them. We walked around to the different tables, introduced ourselves and helped them with coloring. The kids were so welcoming and had no problems with us being “strangers”. After we observed them for a couple minutes we got started. The kids all sat down on the carpet in rows and we were up front with our picture-filled poster board of germs. We talked about what germs are, where they come from, how to prevent them, and sharing stories of incidences that require hand washing. We also taught them the correct way to scrub the hands and sang songs. Most of the children participated and it was surprising that most of them even knew all the words. We also had coloring books and stickers that we gave to the kids when they would participate, make comments, or ask questions. They seemed to love this part. Of course, as soon as they seen the stickers, they all wanted to participate. They were so smart and well behaved it seemed. For example, I introduced myself as “Julia” and they would refer to me as Miss Julia! We sang twinkle twinkle little star while imitating the correct way to scrub our hands with hand sanitizer. We did this to prepare them for the ACTUAL hand wash which was to be done in the bathrooms. Elora took 1-2 girls at a time in the restroom to practice hand washing (while singing twinkle twinkle little star), and at the same time I took 1-2 boys in the other restroom to do the same. After this, all of the children were given stickers in return for a job well done.

The kids did very well and all of them were more than happy to participate. They appeared to be enjoying themselves and seemed comfortable which made the experience more exciting. Initially, we were also going to do another exercise with the flour on the hands representing germ passing, but our group of kids seemed way too young to do this and they were

a big group which would have been difficult to control. Another reason we changed our minds last minute about this exercise was because the classroom was so neat and it was all carpeted. I definitely think this was a learning experience not only for us, but for the children too. A big thing I learned from this experience is that with kids, you have to compromise. Although we went in prepared with all of our things, changes still had to be made. I would not change this experience in any way. I enjoyed the fact that it was broad and left up to us to decide on the teaching subject and the details.