

# Grades K-2

## NHES and Performance Indicators

### Standard 1: Comprehending Concepts

- NHES.1.2.1 Identify that healthy behaviors affect personal health.
- NHES.1.2.3 Describe ways to prevent communicable diseases.

### Standard 7: Self-Management

- NHES.7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

## Priority Risk Topic and Health Behavior Outcomes\*

### Personal Health and Wellness

- Practice appropriate hygiene habits.
- Practice behaviors that prevent infectious diseases.
- Seek out help for common infectious diseases.

## Learning Objectives

### Students will be able to:

- State why proper handwashing is important for staying healthy.
- Identify ways to prevent the spread of germs that can make people sick.
- Demonstrate the steps for proper handwashing.

## Preparation

### Background Information

- [CDC: When and How to Wash Your Hands](#)
- [DOH: Handwashing and Hand Hygiene](#)

### Materials

- Soap, sink, and paper towels
- Spray bottle filled with water
- Tissues
- Visuals and handouts (pages 16-21)

## Learning Experiences

### Introduction: Discuss how germs spread

1. What are germs?
  - a. Talking points: Germs are tiny things that are so small that you cannot see them with your eyes. Germs are everywhere. Some germs can make you sick. You can help stop the spread of germs.
2. How do germs spread?
  - a. Ask students to share their observations of the image on *What is Happening in This Photo?* (page 16), facilitate the demonstration and discussion, and brainstorm other ways germs can spread.
  - b. Watch the [The Jim Henson Company: Sid the Science Kid - Susie's Song - The Journey of a Germ](#) video\*\* (YouTube).
  - c. Show the [CDC: Germs are Everywhere!](#) poster (page 17) and discuss various ways that germs can spread from person to person when people touch each other or touch the same objects. Name things that students touch with their hands throughout the day. Answers will vary.
3. How can we protect ourselves and others from germs that can make people sick?
  - a. Watch the [CDC: Cover Coughs and Sneezes - Penguin](#) video\*\* (YouTube).
  - b. Identify and discuss the strategies included in the video and additional ways to prevent the spread of germs, including:
    - i. Wash your hands often with soap and water for at least 20 seconds.
    - ii. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

\*Adapted from the [CDC HECAT](#).

\*\*Use appropriate caution when showing streaming videos to avoid displaying advertisements and autoplaying unintended videos.

## Learning Experiences (Continued)

### Introduction: Discuss how germs spread (continued)

- iii. Avoid touching your eyes, nose, and mouth.
  - iv. When you are sick, stay home.
- 4. When is it important to wash our hands?
  - a. Read the *Germs! Germs! Germs!* book by Bobbi Katz, 1996, Cartwheel Books.
  - b. Identify and discuss when it is important to wash hands, including:
    - i. Anytime your hands are dirty.
    - ii. After using the bathroom.
    - iii. Before and after eating and touching food.
    - iv. After you cough or sneeze.
    - v. After playing outside or sharing toys.
    - vi. After touching an animal.
    - vii. When you are around someone who is sick.
    - viii. Before and after cleaning cuts.

### Model, Practice, and Feedback: Demonstrate proper handwashing technique

- 5. How do we wash our hands properly?
  - a. Display the [CDC: Wash Your Hands](#) poster (page 18) or watch the [CDC: Wash Your Hands](#) video\*\* (YouTube).
  - b. Demonstrate and describe CDC's five steps for proper handwashing:
    - i. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
    - ii. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
    - iii. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice, or sing the full "A-B-C" song once.
    - iv. **Rinse** your hands well under clean, running water.
    - v. **Dry** your hands using a clean towel or air dry them.
- 6. Have students practice proper handwashing technique using imaginary soap and water.
- 7. Have students demonstrate proper handwashing technique using soap and water at the sink.
- 8. Provide feedback to students on what they did well and how they can improve their technique.

### Reinforcement: Apply proper handwashing technique

- 9. Provide opportunities for students to complete *Preventing the Spread of Germs* and *Washing Hands* student handouts (pages 19-20).
- 10. Reinforce proper handwashing technique at relevant times throughout the school day.

## Home Connections

- Send the [CDC: Wash Your Hands](#) poster (page 18) and the [CDC: Stop Germs! Wash Your Hands](#) fact sheets (page 21) home for families to review with their children.
- Have students teach their families about proper handwashing technique.
- Encourage families to shop for soap and hand sanitizers together to find one that everyone will enjoy using at home.

## Additional Resources

- [RMC Health Skills Models and Rubrics](#)

\*\*Use appropriate caution when showing streaming videos to avoid displaying advertisements and autoplaying unintended videos.

# What is Happening in This Photo?



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CDC/James Gathany - [CDC Public Health Image Library ID 11162](#)

## Demonstration:

1. Using a new, clean water spray bottle (never used for chemicals, never left with stagnant water), explain that the bottle contains fresh, clean water and that the sprayed water represents a sneeze.
2. Hold the spray bottle near your nose. Point to nozzle away from your face.
3. As you say, "achoo," spray the water into the air.\*
4. Ask students to share their observations.
5. Ask students for ways to block the sneeze. Desired responses: Cover your nose and mouth with a tissue. Use your elbow to block the sneeze.
6. Demonstrate both methods of covering your nose and mouth.
7. Ask students to share their observations on how well each method worked.

\*Avoid spraying students if it will lead to behavior issues. Avoid spraying any students do not want to get wet.

# Germs are everywhere!

You can pick up germs from things you do every day.



**Wash your hands so you don't get sick.**

Accessible version: [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



U.S. Department of  
Health and Human Services  
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Name \_\_\_\_\_ Date \_\_\_\_\_

## Preventing the Spread of Germs

Draw and describe a picture to answer each question.

*Note: Teachers may provide dictation as needed.*

NHES.1.2.1 Identify that healthy behaviors affect personal health.

NHES.1.2.3 Describe ways to prevent communicable diseases.

How does washing your hands help you to stay healthy?

What are some ways you can protect yourself and others from germs that make people sick?

Name \_\_\_\_\_ Date \_\_\_\_\_

## Washing Hands

NHES.7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

How do you wash your hands properly?

Follow these steps in order when you wash your hands.  
Write an "X" on each step that you completed.

*Tip: Don't forget to wash the back of your hands, palms, between your fingers, under your fingernails, and wrists.*



Take Home: Teach someone in your family all the steps for properly washing your hands.

\_\_\_\_\_ taught me the all the steps for proper handwashing.  
Student Name

Signature \_\_\_\_\_ Date \_\_\_\_\_



# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

## How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.



**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

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