



# Lesson 5: Wash It!

## Outcomes

### Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Introduce the difference between germs and viruses.

### CATCH IT

Always use a tissue when you cough and sneeze.

### BIN IT

Throw your tissue in the bin as soon as possible.

### WASH IT

Wash your hands.



### Australian Curriculum Links

- Identify and practice strategies to promote health, safety and wellbeing (ACPPS036).
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040).

### Resources

- SNEEZESAFE® certificate and letter to parents on [sneezesafe.com.au](https://sneezesafe.com.au)

### Key Learning Intention

We can help stop the spread of cold and flu viruses with 3 simple steps:

#### • Catch it!

Germs can spread easily. Always use a tissue to catch your cough and sneeze.

#### • Bin it!

Germs can live on tissues for several hours. Throw the tissue away as soon as possible.

#### • Wash it!

Hands can transfer germs. Wash your hands as soon as you can.





# Lesson 5: Wash It!

## Outcomes

### Hand Washing The Correct Way!

Do you sing Happy Birthday in your class? Do you sing it twice, for good luck?! That's how long it takes to thoroughly wash the germs off your hands (about 15 seconds).

And here's a fun video about washing your hands:

[Wash your Hands by the Preschool Popstars](#)

## 8 Step Guide that will leave your hands free of germs!

First, wet your hands with running water, turn off the tap and squeeze on a drop of soap.



1. Rub palm to palm



2. Between your fingers



3. Back of your hands



4. Bottom of your thumbs



5. Back of your fingers



6. Twirl your fingernails in the middle of each palm



7. Wash your wrists



8. Rinse and dry



# Lesson 5: Wash It!

## Activities

### Sneezesafe® Storyboard

Ask students to find and print images of the following (or take screen grabs from the Sneezesafe® online resources and supply them to your class).

1. Child washing their hands.
2. Child coughing.
3. Child eating food after sneezing.
4. Child putting a tissue in the bin.
5. Child blowing their nose with a tissue.
6. Child sneezing on their friend.

Put the pictures in the correct order, and create an A3 poster (PowerPoint or Google Docs). Write a sentence underneath each picture using **Do's** and **Don'ts** of staying Sneezesafe®.

Alternatively, give students one sheet each containing jumbled images for them to cut and paste in the correct order onto A3 paper

### Billy Gorilly

Using an iPad stop-motion app (e.g. **Smovie** or **StoMo**),

ask students to create their own hand washing message from 'Catch it Kate' and 'Wash it Will'.

Students will need play-dough or Lego to create their animation characters.