

Lesson 5

Middle Primary School | Year levels – Years 3 and 4

WASH IT! HANDWASHING

LEARNING PURPOSE

- Teach recommended health guidelines to stop the spread of viruses.
- Understand how handwashing prevents the spread of 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 practise strategies to promote health, safety and wellbeing (ACPPS036).
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040).

Resources

- SNEEZESAFE® stickers to reward learning.
- Interactive whiteboard resources on sneezesafe.com.au.
 - SNEEZESAFE® games to reinforce learning.
 - SNEEZESAFE® stories teaching good respiratory and hand hygiene.
- SNEEZESAFE® certificate and letter to parents on 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.



Introduction | Handwashing the correct way.

Do you sing Happy Birthday in your class? Do you sing it twice, once for luck?!

That's how long it takes to wash the germs thoroughly away from your hands (or about 15 seconds).

Here's an 8-step guide that will leave your hands squeaky clean.

First, wet your hands with running water, turn off the tap and lather up that 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 the each palm
7. Last but not least, wash your wrists.
8. Rinse and dry

And here's a cool video on washing your hands – Wash Your Hands by the Preschool Popstars

<https://www.youtube.com/watch?v=sNACs7TYySg>

ACTIVITY 1: STORYBOARD SEQUENCING

Children find and print images of the following (or teacher-supplied, sourced as screen grabs from SNEEZESAFE® online collateral).

- child washing hands
- child coughing
- child eating food after sneezing
- child binning tissue
- child blowing nose with tissue
- child sneezing over their friend

Order the sequence and create an A3 poster (try Power Point or Publisher).

Write a sentence underneath each picture using **do's** and **don'ts** of staying SNEEZESAFE®.

Alternatively

Give children one sheet each containing jumbled images for them to cut and paste onto A3 paper.

ACTIVITY 2: BILLY GORILLY

Watch this clip from Billy Gorilly Kids TV

https://youtu.be/Vr6GQN-z_2s

Create your own handwashing message from Catch it Kate and Wash it Will, using an ipad stop-motion app (e.g. Smoovie or StoMo).

You will need playdough to create the characters, or you could use plastic figurines such as Lego.

