

Healthy hands, healthy school (part 1)

Key Stage 1 or 2

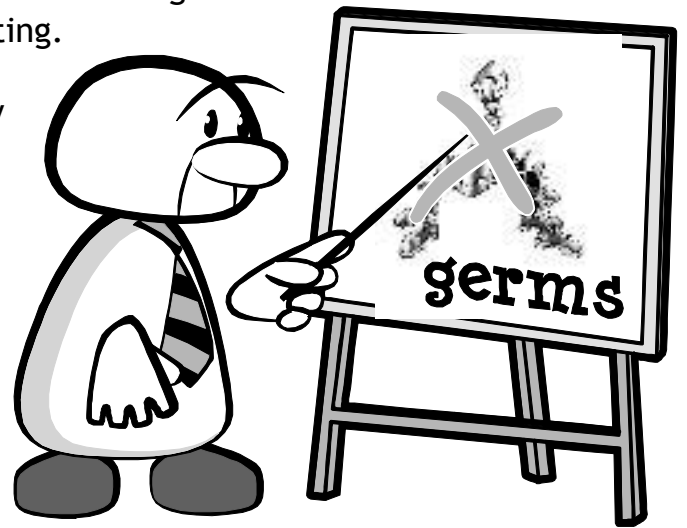
Estimated teaching time 1 hour

(total time for parts one and two, depending on class size).

Curricular areas PSHE (preparing to play an active part as citizens; developing a healthy, safer lifestyle), Science (scientific enquiry).

Objectives Children will learn the importance of good hand hygiene within a school setting. To demonstrate to children how germs can be spread by contact with other pupils.

Materials Glitter
Paper Towels
Bucket
Soap
Water



Suggested sequence

1. Involve the children in a discussion around the importance of hand hygiene. Ask children why it is important to wash hands, when we need to wash our hands and what can happen if we do not wash our hands.
2. Write down the children's responses on the board and generate discussion to fill in any obvious blanks.
3. Begin a discussion around why it is important to have good hand hygiene in a school setting. Encourage children to think beyond the obvious. For example, staying healthy means that children can stay in school, where they can learn, see their friends, play sports and so on.
4. Remind children that we can't see germs, ask children to pretend that the pieces of glitter are germs.
5. Over a bucket, put a small amount of glitter on the hands of a few children. Ask them to rub their hands together to spread the glitter easily.
6. Then ask the children to shake hands with other children, who in turn shake hands with others. Repeat this process until all class members have shaken hands with at least five other children.
7. Discuss with the children how many of them have some of the "germs" on their hands? How did they get there? How might we be able to get rid of them?