

Healthy hands, healthy school (part 2)

Key Stage 1 or 2

Estimated teaching time 1 hour

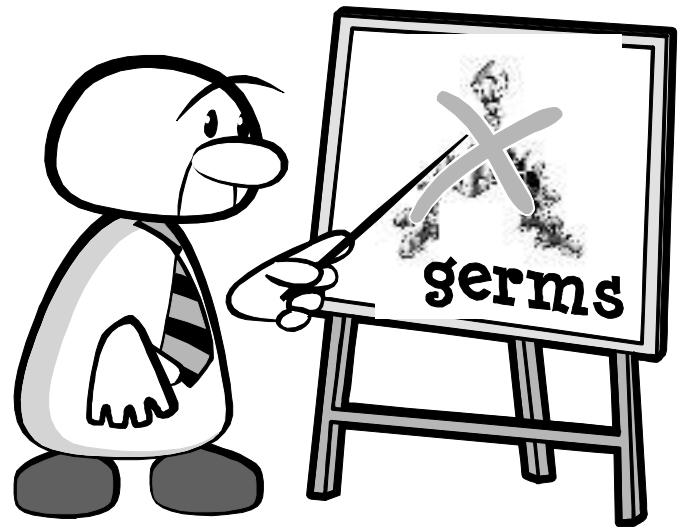
(total time for parts one and two, depending on class size).

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

Objective To demonstrate the best method of washing hands in order to remove germs.

Materials

- Glitter
- Paper Towels
- Bucket
- Soap
- Water



Suggested sequence

1. Ask the children to try to wipe away the glitter (germs) on their hands. They won't be able to do this.
2. Split the class into 3 groups

Group 1

Ask this group to try to remove the glitter using a dry paper towel.

Group 2

Ask this group to try to remove the glitter using only plain cold water.

Group 3

Ask this group to try to remove the glitter with warm water and soap.

Write down the children's responses on the board to the following questions:

3. Ask each group what happened when they tried to get the glitter off their hands. Did they get all the glitter off? Which group got the most off?
4. Explain that washing your hands with warm soap and water is the best way to remove germs from our hands.
5. Ask the children to demonstrate their hand washing technique.
6. Then show children the correct handwashing technique using the poster.
7. Get all the pupils to wash the remaining glitter off their hands using the correct technique. What did they do differently?