

Wash Away the Germs

Part 1

Materials: Soap, warm water, sink or pitcher, paper towels, tablespoon of cooking oil, cinnamon (or glitter), selection of toys, a cup, stuffed animal, representing their pet, a household item like the TV remote (make sure all items can be washed or wiped down after use).

Age(s): Preschoolers & Pre-K

Directions: Start by talking about germs. Put a small amount of oil in the palm of your hand, followed by the cinnamon (or glitter). Rub your hands together to spread the cinnamon. Show the cinnamon on your hands and tell them that this cinnamon represents the germs. One by one pick up the toys, cups, animal, and remote. Pass the items around to others to see if they can find any “germs” on them. Have a discussion about what has happened and why it’s important to wash our hands.

FAMILY ENGAGEMENT

Wash Away the Germs

Part 2

Directions: Ask the children when they should wash their hands. Turn on warm water, squirt liquid soap into one palm. Start scrubbing your hands together while singing the **Clubhouse Team's handwashing song** below (sung to the tune of "This is the Way"). Be sure to lathering front and back and in between your fingers.

"This is the way we wash our hands, wash our hands, wash our hands"

"This is the way we wash our hands, before we have our food"

"I use some soap and scrub away the germs that I have found today"

"This is the way I wash my hands before I have my food"

Rinse hands and dry with a paper towel. Turn off the faucet with the paper towel and discard. Tell the children to always dry their hands on a CLEAN cloth towel or paper towel.

Download full lesson: www.beactivekids.org/assets/pdf/Hand_Washing.pdf

FAMILY ENGAGEMENT

Adapted from Be Active Kids Hand Washing Lesson