| **LESSON PLAN ELEMENTARY** | **– HEALTH & HYGIENE/HAND WASHING** |
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| Introduction | The following is an outline for teaching hand washing to very young children. Changes will need to be made to reflect actual local resources and limitations. Activities that local teachers design will work best to reinforce this learning.  |
| OUR HANDS | We are going to talk about our hands and how to stay healthy. Ask students to hold their hands up above their heads. (Show them what you mean). Ask them “*What can your hands do?”* Talk a little about how important hands are, we eat with our hands, wave to friends, play games, etc. Ask: *“Where have your HANDS been today?”* Let the children answer before adding some of the following: *“At home? At breakfast? Playing outside? With their families? In the latrine?”* Ask? *“What have your hands touched today?”* Let the children answer before adding some of the following: *“A table? Food? A friend? The ground? The latrine?”* |
| Germs | *While our hands are busy playing and working they are also picking up germs that can make us sick and so we wash our hands to be sure we get rid of all of the germs that come from the dirt, the latrine, animals, touching anything. We can get rid of germs by washing our hands.*  |
| Washing hands | Hold up your hands and rub together and ask the children to do the same. Rub them palm to palm, and then around to the backs and to the finger nails. Ask, them, “what do you need to wash your hands?” Wait for them to answer if they can, and then tell them they need water and soap (or ashes).  |
| When? | Ask children to tell you when they wash their hands. Repeat their answers back to them. After they are finished telling you, then add if they missed these:After using the latrineAfter playing with an animalAfter playing in the dirtBefore eatingBefore touching a baby |
| How? | Demonstrate washing hands using water and soap (or ashes) at a tippy tap if one is available. Ask the children to wash their hands after the demonstration. |
| Introduce posters | 1. Wet, scrub, rinse (basics of hand washing posted in schools)2. Wash hands before eating (poster of children eating, posted in schools)3. Wash hands after using the latrine4. Wash hands before cooking  |