| **LESSON PLAN SECONDARY** | **– HEALTH & HYGIENE/HAND WASHING** |
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| Introduction | The following is an outline for teaching hand washing to 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. Older children will need more complex information about the science and connection between germs and illness. |
| Hand/germ connection | Start by selecting 2 students and ask them to stand. Now ask if anyone still sitting has spoken to anyone standing now. If yes, ask them to stand. Do this several times adding people each time. Ask them if they can see how quickly something can spread from person to person. In this case it was talking, but what if it had been germs? Germs live on people, in contaminated water, on animals, in latrines, etc.  Today, we are going to talk about our hands and how the simple act of washing our hands can prevent diseases such as diarrhea.  Ask: ***“Where have your HANDS been today?”*** Let the children answer before adding some of the following: *“At home? At breakfast? Playing with friends? With my family? In the latrine?”*  *Our hands are pretty amazing, they work hard — carrying things, pushing and pulling, picking up things, helping us eat and play.*  Ask:***“Do you know what a germ is.”*** Listen to their answers and then tell them, *“A germ is an invisible bug that lives on people and things and can make you very sick with diarrhea or a bad stomach ache or worse. Germs live on lots of surfaces, in contaminated dirt, on people, in latrines, and on animals.* *Germs can make us feel very bad, even so sick you will have to miss school or other daily activities. Germs can spread from one person to another making a whole family sick and even a whole village sick”* |
| What can we do? | *Germs carry diseases we don’t have to get if we learn to wash our hands carefully before eating, after playing with animals, and after using the latrine.* |
| Hand washing | Ask students to tell you the steps in washing hands. After they tell you what they know, tell them it is very easy and only has 4 steps.  1. Use water to wet hands  2. Add a little soap (if they have it) or ashes  3. Rub hands together while counting to 20  4. Rinse hands completely & shake to dry  Now ask them to do this together for practice. Start with each step and pretend to do it with them. Remember to rub hands palm to palm, then across the backs and finally the finger nails. (this seems simple, but learning happens when practice is part of the learning.) |
| Conservation | Discuss how important it is to protect the water they have. Not to waste it, even when washing your hands. Water is used in steps 1 and 4 sparingly. Care should be taken so that water is not spilling to the ground while hands are being rubbed together with soap/ashes. |
| When? | **1. Ask students when they should wash their hands BEFORE doing something?**  Repeat their answers back to them and ask them why they said BEFORE.  Discuss each answer and help the students with their understanding of each activity and the need to wash hands.  After they finish, add any of the following in case they missed them:  BEFORE cooking  Before eating  BEFORE playing with a baby  **2. Ask students when they should wash their hands AFTER doing something?**  Repeat their answers back to them and ask them why they said AFTER.  Discuss each answer and help the students with their understanding of each activity and need to wash hands.  After they are finished telling you, then add the following if they missed them:  After using the latrine  After touching or playing with an animal  After playing in the dirt  AFTER touching unclean water  **3. Ask students when they should wash their hands BEFORE and AFTER doing something?**  Repeat their answers back to them and ask them why they said BEFORE & AFTER.  Discuss each answer and help the students with their understanding of each activity and need to wash hands.  After they finish, add any of the following in case they missed them:  Before and AFTER preparing food, especially raw meat.  Before and AFTER caring for a baby, especially changing the diaper/napkin  BEFORE and AFTER touching a sick person |
| Introduce posters | Reinforcement – you might even engage older children in helping to hang 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 latrine  4. Wash hands before cooking |