| **LESSON PLAN TEACHERS** | **– HEALTH & HYGIENE/HAND WASHING** |
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| Introduction | This Lesson Plan is intended to guide a discussion among local teachers on the importance of hand washing for the health and well being of the school children and the villages they come from. Each topic below will develop as the discussion progresses with the following objectives covered: -discuss our shared commitment to children’s health-identify connection between germs and disease-practice simple hand-washing steps-discuss importance of modeling behaving for children-discuss conservation of water for community healthThe notes below are to help guide the discussion and introduce best practices for teaching children simple tasks like hand washing. The decisions on how to teach the children will be made locally and will be at least in part dependent on what is available in the village and at the school to accomplish the tasks described. For example, it will be important to know what the resources are for hand washing (i.e. tippy tap stations, soap, ashes etc.) and what activities are best suited for the students to practice hand washing.  |
| CHILDREN’S HEALTH | Children become sick for many reasons, but one that may be avoided is disease caused by germs that invade our bodies from our hands. As an adult with responsibility for children during the day, we want to help them learn to stay healthy.  |
| Germs | Germs are invisible organisms that carry disease and can cause diarrhea, stomach aches, and even worse. They are invisible because they are so small. Germs are found all over the world, in all kinds of places. They can invade plants, animals, and people, and sometimes they make us sick. Sickness may include diarrhea which can cause dehydration which is very dangerous for children. Germs can move from one person to another by touching the same items, or sneezing, or touching each other. Washing hands can help to prevent this type of illness. Some diseases that are caused by germs are very dangerous to children and adults. We cannot see these germs and so washing hands several times during the day is essential. Germs cannot be completely avoided. While our hands are busy playing and working they are also getting germs that can make us sick. Teaching children to wash their hands will help to get rid of the germs that come from the latrine, animals, contaminated dirt, sick people, and dirty water. |
| Washing hands | To stay health, you should wash your hands: BEFORE some activities, AFTER others, and both BEFORE and AFTER some. For example:  |
|  | **BEFORE*** preparing food
* eating
* taking medication
 | **AFTER*** using the toilet/ latrine
* playing with or taking care of animals
* sneezing
* touching dirty water
* touching dirt that is contaminated by animal feces
 | **BEFORE & AFTER** * helping a child on the toilet
* changing a baby’s napkins/diaper
* taking care of an ill person
* handling raw meat
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|  | Also, wash hands whenever hands look, feel, or smell dirty. |
| hand-washing basics | Review the steps and how to teach children depending on age. 1. Use water to wet hands2. Add a little soap (if they have it) or ashes3. Rub hands together while counting to 20 4. Rinse hands completely & shake to dry.Discuss the need for practice with children. Discuss how learning occurs when children DO the activity, not just hear about the activity. |
| Modeling | Reinforce the need for adults to model the behavior they want the children to practice. Discuss how watching and imitating adults is part of child development and essential to effective teaching.  |
| Conservation | Water is a precious and limited resource. Water should not be wasted. Washing hands properly is not wasteful. Children must learn to use that water properly and not waste it during hand washing. Ask students how they currently practice conservation of water. |
| 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 |