

Hands Up For Hygiene

Finger Facts



Global Handwashing Day
October 15



Subjects: **Science and PSHE** Key Stages 1 and 2

Learning objectives

- To understand more about microbes
- To recognise how microbes can be spread
- To recognise the link between good hygiene and health
- To understand how hand washing can stop the spread of germs and disease
- To learn the correct way to wash hands

Curriculum links

Science – Life Processes and Living Things

KS1 Sc2 1a differences between things that are living and things that have never been alive.

KS2 Sc2 5f micro-organisms are living organisms that are often too small to be seen, and that they may be beneficial or harmful.

PSHE – Developing a healthy, safer lifestyle

KS1 3a how to make simple choices that improve their health and well-being.
3b to maintain personal hygiene.

3c how some diseases spread and can be controlled.

KS2 3a what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices.

3b that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread.

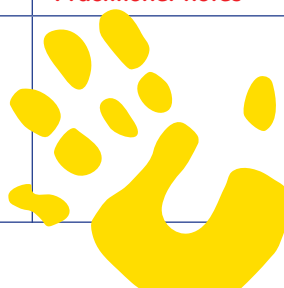
Instruction

Activity	Practitioner notes	Resources
Share the film clips with the class. Ask them to consider what they think the link between the clips is.	Answer: micro-organisms, microbes, bacteria. Ask the class what their understanding is of these terms. Share the learning objectives with the class.	Interactive Whiteboard (IWB) Presentation
Explain to the class that they will be thinking about times when they could pick up and transfer microbes. Look at the pictures on the IWB – do a quick survey to find out: <ul style="list-style-type: none"> • Who's been to the toilet today? • Who has handled/touched money today? • Who has sneezed/coughed/squeezed a spot!? • Who's eaten or prepared food? • Who's touched laundry or shoes? Explain to the class that each of the activities above has the potential to spread bacteria and possibly cause illness. Share with the class the Finger Facts about bacteria and its transfer	Gauge response – nearly everyone in the class will have undertaken one or more of the activities within the day.	IWB Presentation



Small group activity followed by class discussion

Activity	Practitioner notes	Resources
Ask the class to work in small groups to consider the last time they were unwell and had time off school. Ask the pupils if they can think about how they became unwell. Share with the class the information about bacteria and viruses. Ask the class if they can think of ways in which bacteria and viruses could be passed from person to person.		IWB Presentation



Primary

Practical activity

Activity	Practitioner notes	Resources
<p>Tell the class they are going to participate in an experiment.</p> <p>Ask two or three children to coat their hands in flour/chalk dust and then leave the classroom.</p> <p>Ask the children to re-enter the classroom and perform a simple task such as putting something in their tray, handing in homework or returning a book to the teacher's desk. Then ask the children to return to their seat.</p> <p>Ask the rest of the class to observe where the flour or chalk from the children's hands ends up as they perform their task.</p>	<p>This activity could be carried out with the whole class if appropriate.</p>	<p>Bowl of chalk/flour</p>
<p>Ask the class to look around the classroom – where is the flour/chalk?</p> <p>Is the class surprised at where the flour/chalk has ended up?</p> <p>Explain that if the flour/chalk were bacteria, this is how germs could be spread and passed from pupil to pupil in school.</p> <p>Ask the class to consider what they could do to avoid the transfer of germs.</p>	<p>Conclude: hand washing is a simple and effective way to avoid the transference of germs, protect themselves and prevent the spread of disease.</p>	
<p>Ask the children with flour/chalk on their hands to wash it off their hands.</p> <p>Without telling the class, time the children as they wash their hands – paying particular attention to the time spent lathering the hand soap.</p> <p>Ask the class how long they think people need to wash their hands for.</p> <p>Explain that it takes a minimum of 15 seconds to wash hands thoroughly.</p> <p>Give the children who washed their hands class their timings.</p>		<p>Hand wash</p> <p>Water, Hand towels</p> <p>Timer/watch with second hand</p> <p>IWB Presentation</p>

Activity

Activity	Practitioner notes	Resources
<p>Share with the class the video on correct hand washing*.</p> <p>Ask the class to go and wash their hands in the correct way for 15 seconds.</p>	<p>Hand washing can be done in class or in the washrooms.</p>	<p>IWB Presentation</p> <p>Hand wash, Water</p> <p>Hand towels</p> <p>Timer/watch with second hand</p>

Review and understanding

Activity	Practitioner notes	Resources
<p>Share with the class the review questions:</p> <ul style="list-style-type: none"> Why should you wash your hands? How can germs be spread? When should you wash your hands? How long you should wash your hands for? 		<p>IWB Presentation</p>

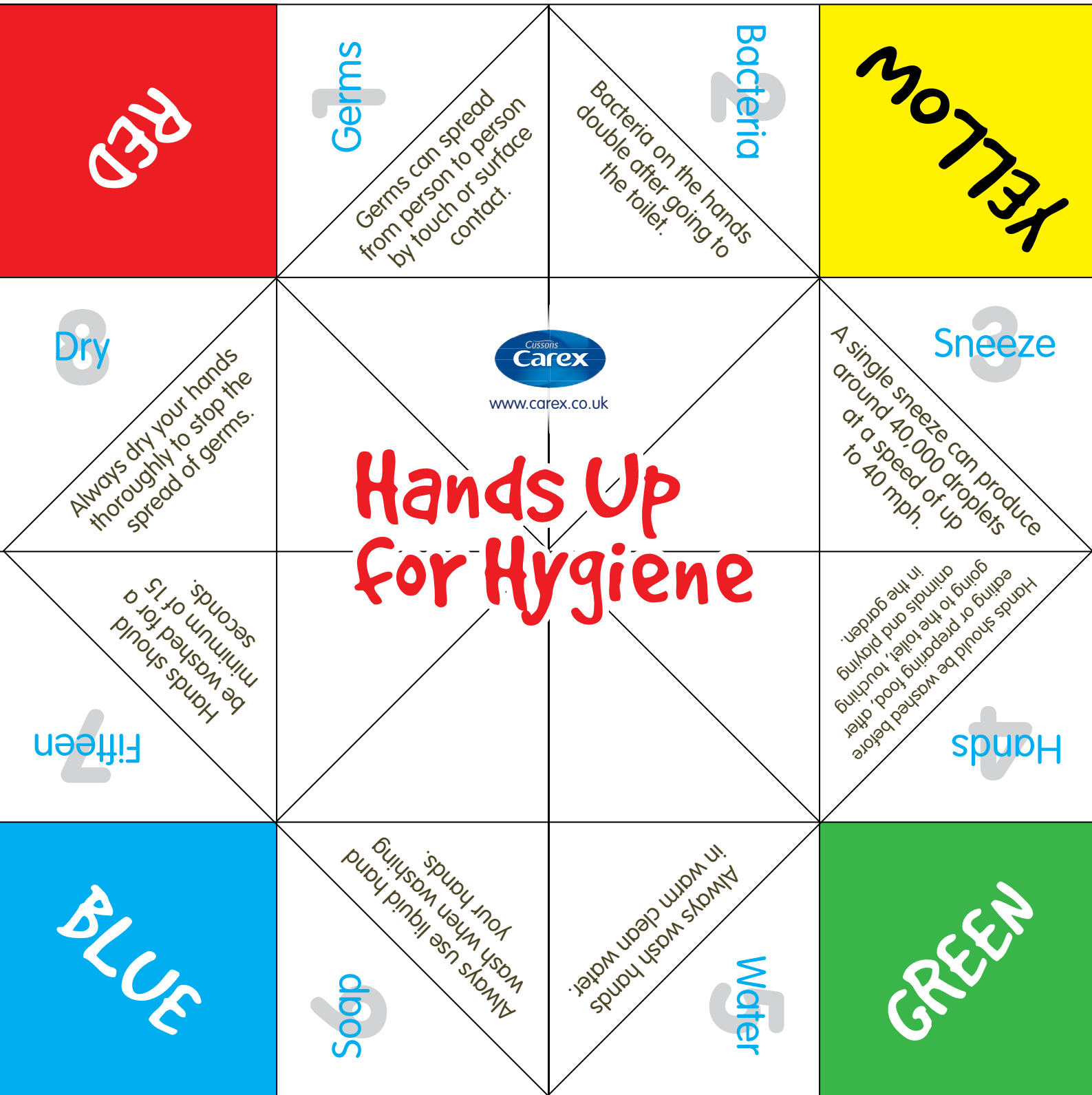
Take Home activity/extension

Activity	Practitioner notes	Resources
<p>Provide the pupils with the Hand Washing Hints Fortune Teller, to make at home.</p> <p>Ask the pupils to create their own "Wash your hands poster" including facts about hand washing.</p>		<p>Template sheet 1 – Hand Washing Hints Fortune Teller</p>

*Should you have access to an ultra violet lightbox hand inspection unit or similar in your setting there is an opportunity at this point in the session to undertake an effective hand washing experiment using a lightbox and glitter potion (contact your local authority for availability in your area). An example of teachers and children using a lightbox unit is available online at – www.carex.co.uk/hands-up-for-hygiene

Template 1

Handy Hints Fortune Teller



1 **RED**
Germs
Germs can spread from person to person by touch or surface contact.

2 **YELLOW**
Bacteria
Bacteria on the hands double after going to the toilet.

3 **GREEN**
Sneeze
A single sneeze can produce around 40,000 droplets at a speed of up to 40 mph.

4 **BLUE**
Dry
Always dry your hands thoroughly to stop the spread of germs.


5 **GREEN**
Water
Always wash hands in warm clean water.

6 **GREEN**
Hands
Hands should be washed before eating or preparing food, after going to the toilet, touching animals and playing in the garden.

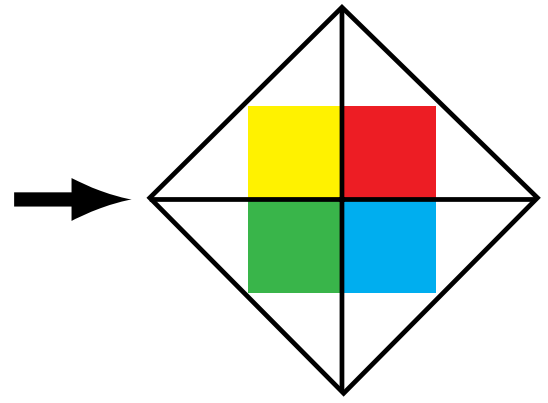
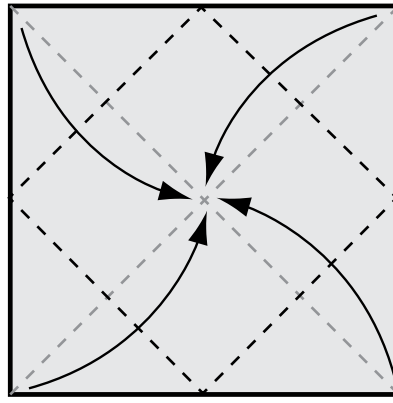
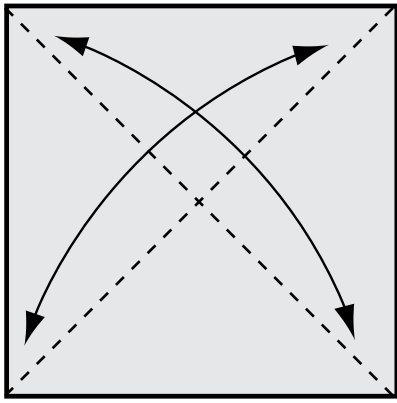
7 **BLUE**
Fifteen
Hands should be washed for a minimum of 15 seconds.

8 **BLUE**
Soap
Always use liquid hand wash when washing your hands.

Hands Up for Hygiene


www.carex.co.uk

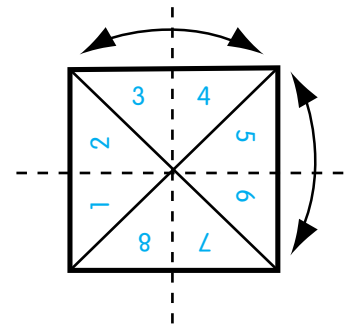
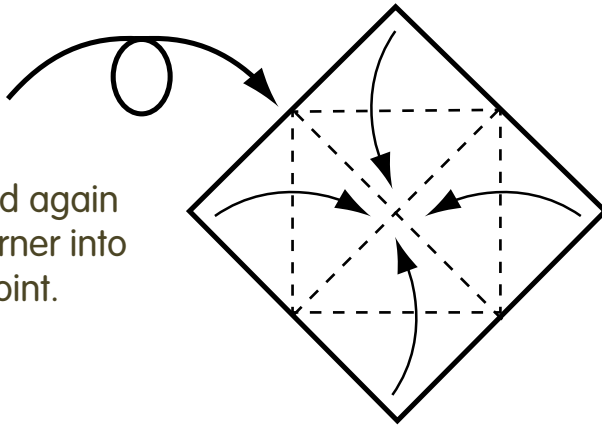
Instructions for Handy Hints Fortune Teller



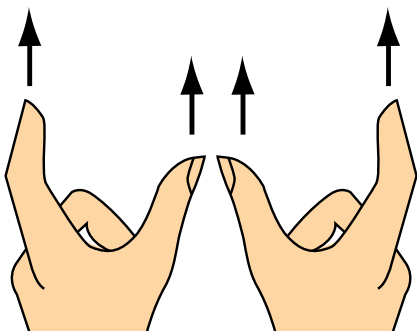
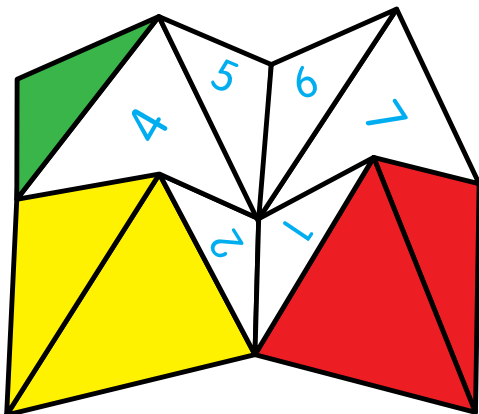
1. Start with your square blank side up. Fold diagonally in both directions.

2. Fold each corner into the centre point.

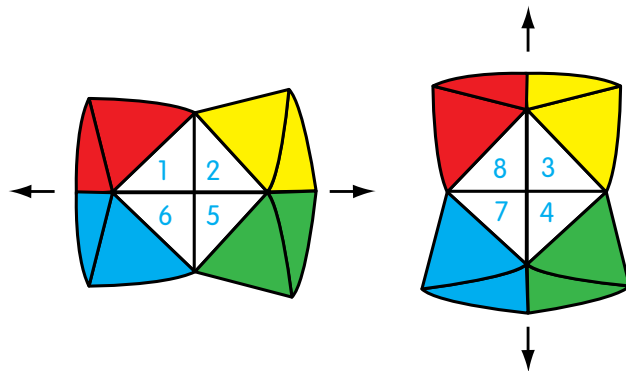
3. Turn over and again fold each corner into the centre point.



4. Fold in half along creases shown, both ways, and open.



Finished Fortune Teller. Use your fingers to open it up.



The fortune teller in action. Move your fingers together one way and then the next.

To use your tip teller:

Ask someone to pick an item from the colours written on the fortune teller. If it is kitchen, spell out K I T C H E N, while moving the fortune teller 7 times (the number of letters in kitchen)

Now get the person to choose one of the numbers that are shown in the centre of the tip teller. Let's say it is 3. You would move the fortune teller 3 times.

Then the person should choose a number from the ones showing this time. Whichever number they choose, lift up the flap and that is their tip.

Hands Up For Hygiene

Template 2 Finger facts



Protect yourself



Stop the spread of germs



Wash your hands!



Hands Up For Hygiene

Finger Facts



Good hand hygiene is one of the best ways to stop the spread of germs that can cause illness and disease.



The number of germs on your fingertips double after you use the toilet.



One germ can multiply to more than 4 million in just eight hours.



Germs can stay alive on hands for up to three hours.



Damp hands spread 1000 times more germs than dry hands.



Hands should be washed for a minimum of 15 seconds.



It's important to wash all areas of your hands including wrists, around thumbs and finger nails.



Around 17% of women and 31% of men admit they don't wash their hands regularly after using the toilet.



Germs from raw food can cause sickness, diarrhoea and fever.



An American study found that when tested only 6 per cent of bank notes were germ-free. The rest carried bugs including those that can cause pneumonia.



There can be about a gram of poo in a pair of dirty pants!



Bacteria are too small to be seen without a microscope. Most are about 1/1000th of a millimetre.



A typical bacteria can divide into 2 more bacteria every 20 minutes.



Bacteria from a sneeze can be passed from person to person in the air and by touch or surface contact.



Always wash your hands:

- before eating
- after going to the toilet
- after playing with your pet
- before preparing food
- after touching dirty laundry

