



Washing your hands

Preschool - Module 4

Module overview

This lesson gives children the opportunity to understand and practise the steps involved in washing hands properly. They will explore the importance of washing hands regularly to prevent lead harm.

Differentiation

As with all of the LeadSmart Education modules, we encourage you to differentiate the following activities by making any necessary modifications in order to cater for diverse student learning needs.

Note: The suggested duration of the activities found within this module may require adjustment to cater for the needs of your students.

Aims and objectives

- Broaden their understanding of the world in which they live
- Express an opinion on a matter that affects them
- Demonstrate a sense of comfort and belonging in their environment
- Use play to investigate, project and explore new ideas
- Participate with others to solve problems and contribute to group outcomes
- Show growing appreciation and care for natural and constructed environments
- Express wonder and interest in their environments
- Are curious and enthusiastic participants in their learning
- Explore their environments
- Show an increasing awareness of healthy lifestyles and good nutrition
- Show increasing independence and competence in personal hygiene, care and safety for themselves and others

Resources

- Sink (or shallow tub filled with water)
- Bottle of liquid soap
- Paper towel
- Glitter
- Plastic mat
- Ball (recommend that the ball is made out of an easily washable material!)Activity booklets
- Lead pencils
- Be a LeadSmart hand washer song
- Materials for sensory play: Tub, water, disposable glove, small container, soap, cloth, and washable marker
- Materials for exploratory play: Box of toys
- Materials for creative play: Paint smocks/apron, shallow trays, paints, art paper, and glitter
- Materials for dramatic play: Felt board and cut outs

EYLF learning outcomes

Outcome 2: Children are connected with and contribute to their world

- 2.1 Children develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary for active community participation
- 2.4 Children become socially responsible and show respect for the environment

Outcome 3: Children have a strong sense of wellbeing

- 3.2 Children take increasing responsibility for their own health and physical wellbeing

Outcome 4: Children are confident and involved learners

- 4.1 Children develop dispositions for learning such as curiosity, cooperation, confidence creativity, commitment, enthusiasm, persistence, imagination and reflexivity.
- 4.2 Children develop a range of skills and processes such as problem solving, inquiry, experimentation, hypothesising, researching and investigating

Outcome 5: Children are effective communicators

- 5.1 Children interact verbally and non-verbally with others for a range of purposes

Introductory phase

10 minutes

We recommend keeping a record of the children's participation in and understanding of the activities and discussions in this lesson with a floor book or log book. This can be used to record children's voices, reactions and preferences throughout the session as well as any continuous learning opportunities and can be used as a wall display to start off your project when combined with photos taken throughout the day.

1. Gather children by the sink, alternatively, if you don't have enough room you can use a shallow tub filled with water.
2. Show children the bottle of liquid soap and the paper towel.
3. Give them an opportunity to guess what you are about to do (wash your hands).
4. Ask children why we wash our hands. Invite a discussion about germs.
5. Ask children when we need to wash our hands at school and at home.
6. Explain that the lead in Broken Hill can get into our bodies and make us sick if we do not keep our hands clean! The best way to make sure our hands are clean is to wash them. We must always wash our hands before eating, after going outside and after petting or brushing our pets
7. Explain that Lead Ted Jnr taught you the proper way to wash your hands so that you can teach them.
8. Demonstrate how to wash your hands properly to the children and ask them to follow along with actions.

Wet your hands under the tap.

Hold your hands under running water.

Lather your hands with soap and wash palm to palm.

Put some soap in your hands and rub hands together to lather.

Wash back of hands and wrists.

Use opposite hands to wash the back of hands and wrists.

Wash between your fingers.

Link fingers together to lather and wash in between each one.

Wash around your thumbs.

Use opposite hands to wash around each thumb.

Rub your fingertips into your palms.

Gently rub fingertips into the palm of your opposite hand.

Rinse and dry well with the paper towel.

Rinse hands under running water and dry thoroughly with a paper towel.

Supporting activities

Set up a range of areas both inside and outside with provocations for children to explore this topic, as well as areas that correspond to children's current and ongoing interests. We suggest the following areas:

Cognitive development – Sit a small group of children in a circle with a large basin of water and soap in the middle and explain that, in Broken Hill, lead dust can get on our hands very easily and so it is very important to wash our hands properly to get rid of it. Remind children that lead doesn't belong in our bodies and can make us very sick. Explain that we are going to play a game and pretend that the glitter in this game is lead dust. Roll a ball in some glitter and hold it up so children can see the glitter on there. Pass the ball around the circle to each child and comment on what happens. Ask the children to think about how they can get the pretend lead dust off their hands now. Let each child have a go at washing their hands with soap and water and drying them properly. Observe the water afterwards and comment on its appearance.

Sensory development – Provide children with a large tub filled with water, a disposable glove filled with water that has been frozen, a small empty container, soap and a wash cloth. Draw some 'lead spots' on the glove with a washable marker. Encourage children to 'wash' the lead off the hand. This is a good opportunity to sing the hand washing song with the children and reinforce each step.

Creative development – Provide a paint area with protective aprons and shallow trays of paint and glitter. Encourage the children to create handprint artworks to show dirty hands with 'lead' on them by sprinkling the glitter over the paint and clean hands without. Encourage talk about when to wash our hands and why. As an extension, write the words 'clean' and 'dirty' on cards and provide writing equipment for children to copy or represent the words in another way.

Dramatic development – Provide the children with felt cut outs of each stage of hand washing and a felt board to arrange their dioramas on. This is a good opportunity for story telling and progressive literacy and could be used in conjunction with the hand washing song. Felt cut outs could include two hand prints, soap, water, bubbles, lead dust and a bowl.

Exploratory development – provide a 'washing' area outside for children to wash their toys and equipment, including a large bowl of warm soapy water and some cloths. Encourage talk about washing off the lead dust and why this is a good idea.

Literacy development – In children's activity booklets turn to the 'Washing your Hands' page and invite them to complete the activities. Encourage talk about when and why we should wash our hands.



1. Gather the children together and open a discussion about hand washing. Why should we wash our hands? How should we wash our hands? When should we wash our hands? Establish an understanding that it is important to wash our hands in Broken Hill to keep lead out of our bodies.
2. Reinforce that lead does not belong in our bodies and can make us sick.
3. Sing the hand washer song together, perhaps encouraging the children to role play some of the actions they have practised during the session, i.e. washing with water, using the soap, rubbing around their fingers and wrists, drying with a towel, etc.



Be a LeadSmart Hand Washer

Lather with soap and wash palm to palm,
Protect yourself from lead harm.

Wash up to your wrist and the back of your hands,
Wash away the dust and the dirt, that's the plan
Rub, scrub, rub-a-dub-dub,
Be a LeadSmart hand washer!
Rub, scrub, rub-a-dub-dub,
Be a LeadSmart hand washer!

Wash between your fingers, Wash around your thumb,
You're being LeadSmart, and you're nearly done.

Rub into your palm with your fingertips,
And make sure there's nowhere you missed.

Rub, scrub, rub-a-dub-dub,
Be a LeadSmart hand washer!
Rub, scrub, rub-a-dub-dub,
Be a LeadSmart hand washer!

Now rinse, rinse the bubbles away,
Dry your hands, get on with your day.

Rub, scrub, rub-a-dub-dub,
Be a LeadSmart hand washer!
You're a LeadSmart hand washer!
I'm a LeadSmart hand washer!

Questions for sustained shared thinking

Prompts for shared conversations, which can be extended or developed:

- I wonder what might happen if I don't wash my hands properly?
- How often should we wash our hands?
- What should we use when washing our hands?
- Why is it important to wash our hands?



Washing your hands

Lead Ted Jnr knows it's important to wash your hands properly. Colour in 4 pictures where you would need to wash your hands.

