



Are you a
SuperStar
Hand Washer?

**"The single most effective way to
prevent the spread of germs is by
washing your hands"**

--- USA CDC

We want to help with a lesson plan that provides you with the tools to teach children how to properly wash their hands in a fun interactive way.

-Tamara Maellaro, RN

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Superstar

Hand Washer

TEACHER'S GUIDE

Hand Washing Lesson Plan PreK-Gr1

Objective:

To teach PreK-Gr1 children **why**, **when**, and **how** to wash their hands in a fun interactive way.

Goals:

- Has an understanding that hand washing helps keep them healthy, and not spread germs
- Understands when hands should be washed
- Demonstrates how to wash hands using correct procedures

Why hand washing is important:

Washing your hands and keeping them clean is one of the best ways to keep from getting sick and spreading germs.

When should hands be washed:

- After playing outside
- After using the bathroom
- Before eating or making something to eat
- After playing with animals or cleaning up after they go to the bathroom
- After blowing nose
- After coughing or sneezing
- Before and After touching a cut or wound
- Anytime hands look or feel dirty

How to wash your hands:

- Wash for 15-20 seconds using soap and water
- Scrub all over hands including fingers, fingernails, wrist, and palms
- Dry hands with a paper towel, clean cloth towel, or let them air dry
- Turn water off with a paper towel, so germs don't get back on hands (if possible)



**Singing the words to
this song helps you
know how long to wash
your hands!**

Germs Germs Go Away
Off My Hands
That's What I Say
Do It Right
Do It Now
I Know Why, When, How
Cuz I'm A Superstar Hand Washer

Sing it for me one more time

**Superstar Hand Washer
Yeah!!!**

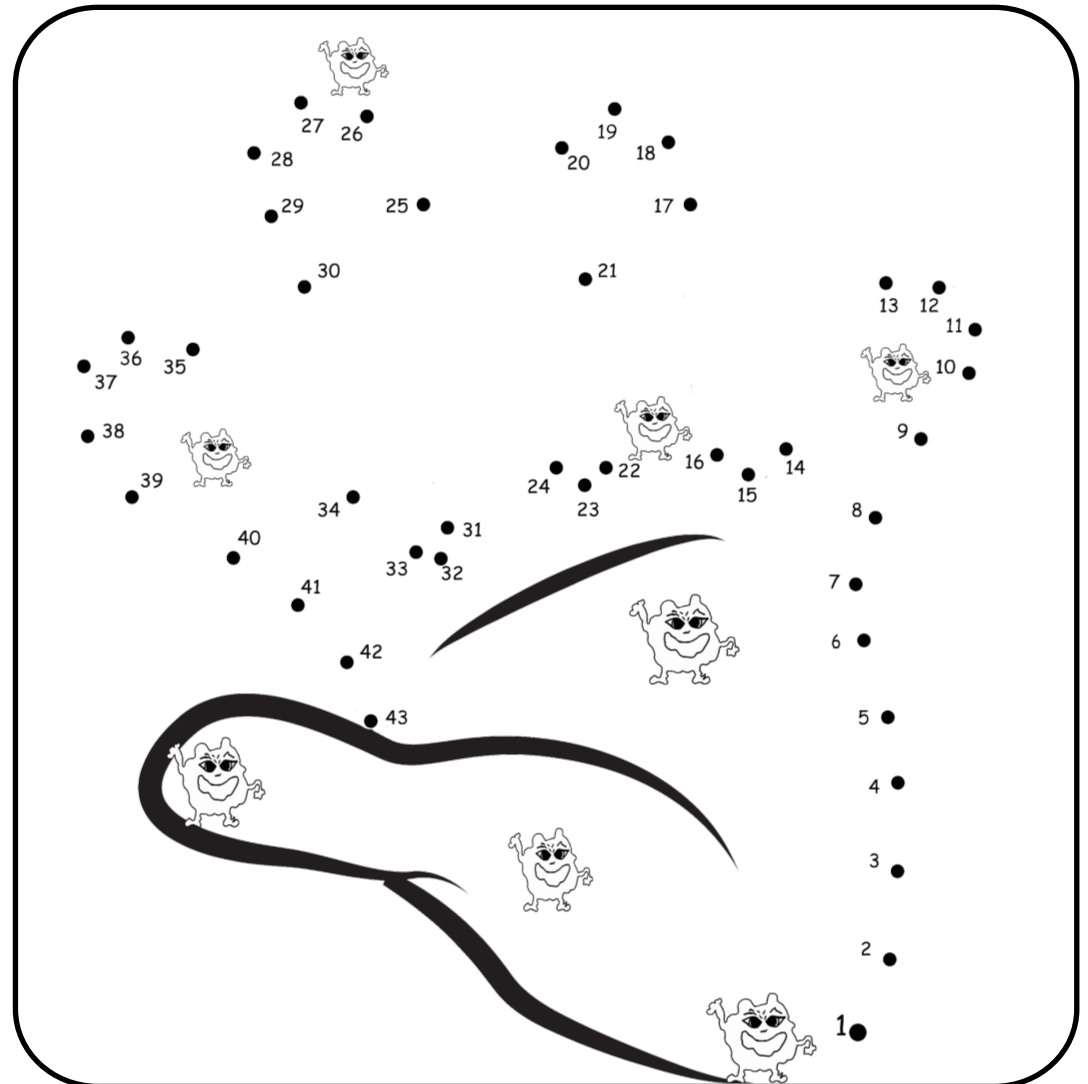
Buy the song on iTunes

<https://itunes.apple.com/us/album/superstar-hand-washer-single/id949308631>

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Germ Germs Go Away Off My Hands That's What I Say



Why When How



I Know Why When How

Short Video Clips

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