




# Health & hygiene

- **Lesson 1: The human body**
- **Lesson 2: Germs**
- **Lesson 3: Cleanliness and personal hygiene**
- **Lesson 4: When we are ill**
- **Lesson 5: Healthy eating**
- **Lesson 6: Looking after your teeth**
- **Lesson 7: Fun in the sun**
- **Lesson 8: How we change as we get older**

# Lesson 2: Germs

 25-30 mins

## Aim

To create an understanding of germs (what they are and where they live) and help children develop good hygiene habits, such as handwashing, to lessen the risks of germs spreading.

## Learning outcomes

Children should be taught:

- to share their opinions on things that matter to them and explain their views;
- to take part in discussions with one other person and the whole class;
- how some diseases spread and can be controlled;
- to make simple choices that improve their health and well-being.

## Resources

- **Resource sheet:** *Simple steps for handwashing*
- **Activity sheet:** *How to wash our hands*
- Glitter

## Activity

Introduce the subject of germs by asking:

### Key Questions ?

*Does anyone know what germs are?  
How big are they?  
Where do they live?*

Start by discussing the key questions with the children. After this discussion ask the children if they know places or situations where we might pick up germs (e.g. the toilet, sneezing, coughing, picking our noses, etc.).

Discuss:

- How germs are very small, so small that we cannot see them with our eyes. That is why it is important that we wash our hands carefully to get rid of them.

- Other ways germs can get into our bodies, (e.g. if we have germs on our hands and then put our hand in our mouths, we can cause infection).

Help one child to put a small amount of glitter onto his or her hands. Then invite the child to shake hands with several people in the class. What do they notice? They should see the glitter transferring from hand to hand. Explain that germs get moved around in a similar way.

Ask the children how they think we could get the glitter off our hands? Children will suggest washing them. Explain that, like the glitter, we can get rid of germs by washing our hands too.

Ask the children what they would need to wash their hands and then demonstrate how to do it correctly (for children this young keep the instructions simple, as shown below).

### Simple steps for handwashing:

- Wet your hands with running water – either warm or cold.
- Apply liquid soap or use a bar of soap.
- Lather well.
- Rub your hands vigorously for at least 20 seconds. Don't forget the back of your hands.
- Rinse well.
- Turn off the tap.
- Dry your hands with a clean towel, possibly a paper towel or use an air dryer.

Please be aware that some children can take cleanliness very seriously and it is important to ensure that they understand that some germs in your body can be good germs. The ones we need to wash away are the ones around dirty places.

## Further suggestions

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Use any handwashing poster or **Activity sheet:** *How to wash our hands* to ensure that children understand how to clean their hands thoroughly.

Design posters to show others how germs spread and how to reduce this.

## Differentiation

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**SEN:** Cut out the pictures from **Activity sheet:** *How to wash our hands*. Put them in the correct order to show how to wash your hands.

**More able:** Ask the children to write a sentence or two to go with each picture, explaining how to wash their hands.

# Simple steps for handwashing

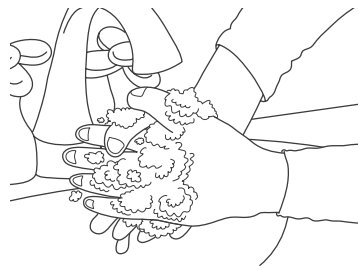
Wet your hands with running water – either warm or cold.



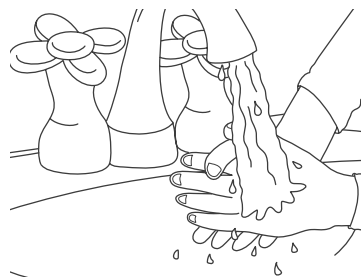
Apply liquid soap or use a bar of soap.



Lather well.

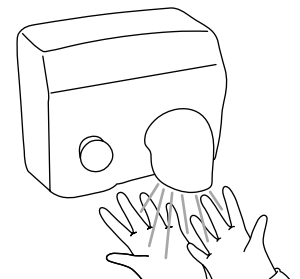
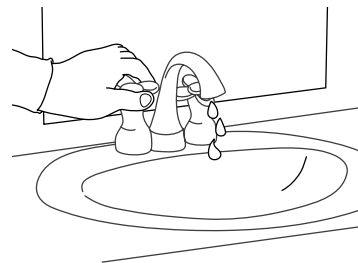


Rub your hands vigorously for at least 20 seconds. Don't forget the back of your hands.



Rinse well.

Turn off the tap.



Dry your hands with a clean towel, possibly a paper towel, or use an air dryer.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# How to wash our hands

