

# Handwashing

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## 1. Question & Research Task

- Did you cover your last sneeze or cough with your hand or arm or something else?
- When was the last time you washed your hands?
- Why did you wash them?



Image Source: [discoveryeducation.com](https://www.discoveryeducation.com)

In this Slam Dunk, you will conduct brief, focused research to respond to the inquiry question:

**Why is it important to wash your hands?**

## 2. Information Sources

Access the information sources linked here to complete the Student Activity on Slide 3.

Watch a [BrainPop video](#) about hand washing and how soap works. You can also watch this [Brain Pop Jr video](#) about hand washing

Read important information from [Kids Health](#) about hand washing.

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Click on the image to watch a video from Discovery Education about washing your hands.

Image Source: [discoveryeducation.com](http://discoveryeducation.com)

### 3. Student Activity



Try the BrainPop Challenge to see how much you know about soap and hand washing

## Let's Wash Our Hands!

Whooshy washy!  
Wet our hands  
Under running water  
Add some soap and  
Rub them hard  
Don't miss any part!  
Between our fingers  
Under the nails  
Rid germs without fail  
Front and back  
And round the wrist  
No germs will be missed!  
They may hide  
But we shall seek  
So we will not fall sick!  
Spishy splashy  
Bye bye germs  
Down the drain they squirm  
With clean towels  
We dry our hands  
Now let's show our friends!

1 Palm to palm  
2 Between fingers  
3 Back of hands  
4 Base of thumbs  
5 Back of fingers  
6 Fingernails  
7 Wrists  
8 Rinse and wipe dry

Remember to wash our hands:

- After using the toilet
- After sneezing or coughing
- After playing with pets
- After sports or playing outside
- Before eating

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The Health Promotion Board logo, featuring a stylized 'H' and 'B' in red and blue.

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## 4. Assessment Activity

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# Why is it important to wash your hands?

Think about all you have learned about handwashing.

Your teacher will assign the Handwashing Quiz through Schoology to check your understanding.



Click the image to watch a video about hand washing from Discovery Education.

Image Source: [discoveryeducation.com](https://www.discoveryeducation.com)

# 5. Enrichment Activities

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**Project Wet** Soap and Water Science

How does soap and water get your hands clean?

We touch thousands of surfaces every day. Even when our hands look clean, tiny particles of dirt and germs can still be there. To stay healthy, we must wash our hands regularly, with soap and water.

HIDE

Play Intro

HOME

Soap and Water Science Activity

Video

What Did I Learn?

Be a WaterStar

Educators & Parents

## The Hand-Washing Challenge

Click on the picture to visit the Project Wet: Soap and Water Science Activity.

Image Source: [discoverwater.org](http://discoverwater.org)

# 6. Teacher Resources

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## Learning Standards Alignment

### Content Learning Standards

1.8.5 Describe ways to reduce or prevent injuries or other adolescent health problems.

1.8.6. Explain how appropriate health care can promote personal health.

### MCCR ELA Standards for Grades 6-8

**Reading: 1.** Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

**Writing: 7.** Conduct short as well as more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.

**AASL Standards Framework for Learners** Inquire: Build new knowledge by inquiring, thinking critically, identifying problems, and developing strategies for solving problems.

Think: Learners display curiosity and initiative by:

I.A.2 Recalling prior and background knowledge as context for new meaning.

Create: Learners engage with new knowledge by following a process that includes:

I.B.1 Using evidence to investigate questions. I.B.3 Generating products that illustrate learning.

Share: Learners adapt, communicate, and exchange learning products with others in a cycle that includes:

I.C.1 Interacting with content presented by others.

Grow: Learners participate in an ongoing inquiry-based process by:

I.D.2 Engaging in sustained inquiry.

### P21 Framework: 21<sup>st</sup> Century Student Outcomes

**3. Information, Media & Technology Skills: Information Literacy:** Access information efficiently and effectively; Use information accurately and creatively for the issue or problem at hand.

**ICT Literacy:** Use technology as a tool to research, organize, evaluate and communicate information.

## Grade 6-8 Content Area:

**Objective:** Students will conduct brief, focused research in order to describe the importance of healthy personal hygiene habits.

**Time Frame:** Two 45-minute class periods or 1-90 minute class period

## Differentiation strategies for this lesson:

- Have students use learning supports provided in BCPS Digital Content found in the [Apps Portal](#). Refer to [Digital Content Snapshot/Support pages](#) as needed.

## Notes to the teacher:

- Collaborate with your school library media specialist to plan and implement this lesson.
- Provide students with login information as needed to authenticate BCPS Digital Content. Login information is available on the **BCPS Digital Content** page found via the [Apps Portal](#)
- **The [Handwashing Quiz](#) on Slide 4 is an interactive Excel sheet that can be assigned to students as a OneDrive Assignment using the [Schoology Assignment App](#)**