



The Fantastic Sparkling Hand-Washing Lab

Lesson Objectives

In this fun hand-washing lab, students will learn the importance of hand washing and the steps to effective hand washing.

Timing

45 minutes

Supplies

- ✓ A large bucket or tub
- ✓ 1–2 cups of glitter—any color
- ✓ Water
- ✓ Liquid soap
- ✓ A copy of the ACE Clean Hand-Washing Lab Guide sheet for each student
- ✓ ACE Clean video

Guiding Questions

1. How often do you think germs get onto your hands throughout the day?
2. What could you do to keep yourself healthy even when germs are everywhere in your environment?

Instructional Steps

Explore

1. Fill the tub or bucket with water and set in a central location. (*Note: This is a great activity to do outside if you can. Otherwise, we recommend laying out a large towel or blanket under the bucket.*)
2. Have a student dump the glitter into the water and stir with a ruler or wooden spoon.
3. Let your students know that the glitter represents germs. Then, ask them to dip their hands into the water one by one.
4. Once every child has dipped his or her hand into the glitter water, have them look at their hands. Is there glitter on them? How much? How long did it take for glitter to stick to their hands?
5. Now bring the kids into the classroom and have them line up at the sink. Ask them to use warm water, liquid soap and elbow grease to scrub the glitter off, counting out loud to see how many seconds it takes to get all of the glitter off.
6. Once they are done, have them sit down at their desks and work on Section 1 of the Hand-Washing Lab Guide while their classmates finish scrubbing.

Investigate

1. Have students complete Section 1 of the Hand-Washing Lab Guide individually.
2. Once kids are finished with their answers and drawings, pull them back together and let them know that you are now going to watch a video about germs and hand washing.
3. Show them the Ace Clean Video.
4. After the video, use the discussion questions on the Hand-Washing Lab Guide to discuss the video as a class.

Practice

Have your students work alone or in groups to come up with a six-part strategy to stay clean and healthy using Section 3 of the Hand-Washing Lab Guide.

Reflect

Have students or groups stand up in front of the class and share their Ace Clean Strategy and why they included the parts that they did.



Name: _____



The Fantastic Sparkling **Hand-Washing Lab**

1. Write or draw what happened when you dipped your hands into the bucket with the glitter.

2. Write or draw what happened when you tried to wash the glitter off of your hands.



1. Where are some places that our classroom could be infected?

2. What did Ace Clean do to fight Professor Grime's Filthy Fiends?

3. What did you learn from the video about keeping yourself healthy?

It takes strategy to stay clean! Come up with a four-part plan that will keep you clean and healthy. Make sure it includes scrubbing, rinsing and what to do if soap isn't available.

1

2

3

4

PAINT HAND-SHAKE POSTER:

1. Squirt a different color of tempera paint onto 6 to 10 paper plates.
2. Have each kid choose a color and dip a hand into a color of paint.
3. Tell your kids it's time to "Shake It Off"—have them shake at least five other students' hands. (Play Taylor Swift's "Shake It Off" while they shake to make it fun.)
4. Set out a large sheet of paper and have each student put his or her handprint on it.
5. Step back and ask your students to imagine that the paint is germs.
6. Discuss how easy it is to spread germs.

BREAD GERM TEST:

1. Put two slices of white bread into two zipper bags. Label the bags "1" and "2."
2. Seal bag 1 and set it aside. Open bag 2 and pass it around the classroom, asking each student to touch the bread.
3. Seal bag 2, and set both slices in a place where they won't be disturbed.
4. After a week, check the two bags. Are there any differences?
5. After another week, check the bags again. Is there more mold on the bread in bag 2?
6. Discuss.

3 Fun Ways to Teach Kids the Importance of Washing Their Hands

Incorporate one (or all!) of these activities into your lessons and help your students stay healthy!

HAND-WASHING CHANT:

1. Set a timer for 20 seconds and have kids sit silently while it ticks down.
2. Tell the kids that the CDC recommends that they wash their hands for 20 seconds.
3. Have students break into small groups and come up with a rhyme or song about hand washing that lasts 20 seconds.
4. Have them perform their song or rhyme for the class and then wash their hands while singing or chanting it.
5. Discuss.

DISCUSSION QUESTIONS:

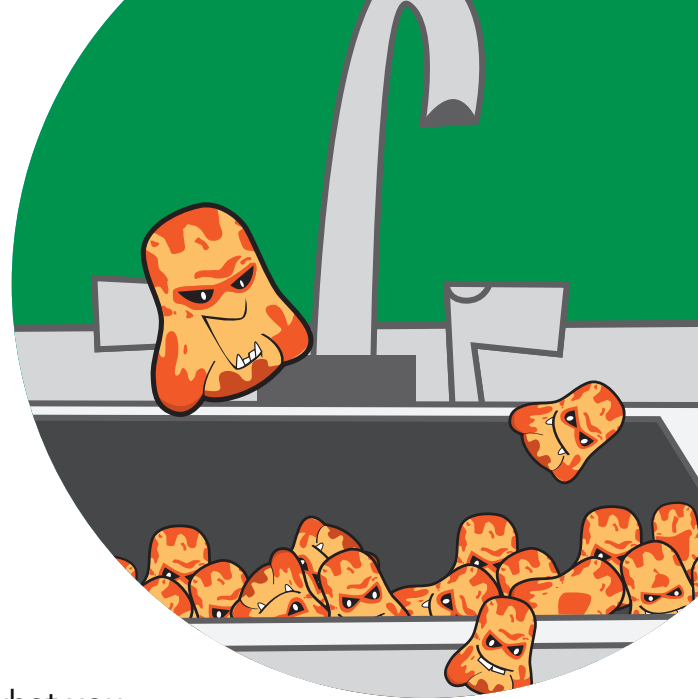
After each of these activities, ask your students these questions:

1. How do germs spread from person to person?
2. How can you avoid infecting yourself with germs?



Hey school nurses!

Help the kids at your school fill out this worksheet and then have them bring it home and teach their entire family how to stay healthy.



All About Germs:

Hey kids! Germs are so gross! Use this sheet to fill in what you learn about germs so you can know how to fight them with your best stay-healthy moves. Then, take this home and show it to your parents so that your whole family can stay healthy.

What are some kinds of germs that infect kids most?

Where are these germs found?

How do kids get sick with things like strep or the common cold?

How can you avoid getting sick?

What Glean Team moves do you know to keep you and your family healthy?

Hey parents!

Your kids have been learning how to avoid germs and stay healthy through a program sponsored by the Alliance for Consumer Education (ACE). More resources can be found at ConsumerEd.org.



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