Part 5: Healthy Hygiene Spirit Week’s Hand-Hygiene Curriculum: Supplemental Materials for the Facilitator
Healthy Hygiene
Spirit Week 2017
A Kick Start to a Healthy Lifetime

Supplemental Materials
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Meet Healthy Hygiene Spirit Week's Mascot: Gene
Soap Cents:

Soap Cents can be awarded for answering questions correctly and for other awesome deeds! The facilitator can distribute them as he/she sees appropriate. On day 6, students can exchange their cents for prizes. NOTE: Emphasize to students they should keep careful track of their Soap Cents because they cannot be replaced if lost!

Example Questions by day:

Day 1: Germs
- What is a germ?
- Can you see germs on your hands?
- What is one way germs can get into your food?
- Name one place germs are found in the school

Day 2:
- Is washing with just water enough?
- If your hands look clean, does that mean they are actually clean?
- What was the purpose of the glo-germ activity?
- Name the steps of proper handwashing without looking at the banner or your notes

Day 3:
- Name an important time to wash your hands
- Name a time you would tell your brother or sister to wash their hands

Day 4:
- Why is handwashing good?
- Why do you want to wash your hands?
- Is handwashing related to other aspects of hygiene? How?

Day 5:
- What does “sustainable” mean?
- How can you teach someone to wash their hands?
- Why would you want to teach someone else to wash their hands?

Other potential reasons to distribute Soap Cents:
- Came up with a really good idea
- Completed a “challenge” from their workbook
- Acted as a role model
Challenge Alert Protocol:
Throughout student workbooks, various challenges are suggested. As you come across each challenge, read it and explain to students. If a student is interested in completing the challenge, instruct them to complete it on paper outside of their workbooks. Distribute them paper and resources as necessary to do so. If a student completes a challenge, award them a Soap Cent! Content from challenge activities can be read during the celebration on Day 6 (if the student volunteers).

Group Handwashing Activity (Daily):
Everyday group handwashing will take place before students eat lunch. Signify handwashing with a special bell. Students will come together with their classmates and wash their hands at the new group handwashing station structure. After they wash their hands as a group throughout the week, mark off their progress on a 6-day long handwashing calendar poster. Use a smiley face to denote handwashing has been completed for the day. Display the poster in an area the entire school can see.

When the week is over, print copies of a blank calendar for the school to be hung up in the main office. When Healthy Hygiene Spirit Week is over, a smiley face should still be drawn onto each day group handwashing takes place.

*Example Week Poster:* (Draw on a poster and hang up when you are in-country)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>😊</td>
<td></td>
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</tbody>
</table>

*Example Month Poster:* (print in America and then make copies to distribute to school for future use). Make sure staff and students know it is important to put a smiley face on every day the school completes group handwashing.

*Month of ____________________________*

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</tbody>
</table>
Activity 1.1:

Example:
Activity 1.2:

Note: Pictures not to scale. This diagram sequence should consist of pictures that take up an entire page to be placed on the board.
Activity 1.4:

Note: Pictures not to scale. This diagram sequence should consist of pictures that take up an entire page to be placed on the board.

These pictures should be rearranged into different paths on the board, since there is no universal path of germs. Below is an example pathway based loosely on the "F-diagram". 10-12 arrows should be printed for this activity.
Activity 1.6:

Multiple copies of this game will be printed, backed by construction paper, and laminated!
WASH YOUR HANDS!

WASH YOUR HANDS! 😊
Activity 2.3:
The hands and steps will be enlarged and printed onto a horizontal banner to be referenced during the lecture. After the lecture it will be hung in an area visible to all students.
Lyrics to handwashing songs:

"Twinkle, Twinkle Little Star"
Twinkle, twinkle little star
Look how clean my two hands are
With soap and water, wash and scrub
Got those germs off, rub-a-dub-dub
Twinkle, twinkle little star
Look how clean my two hands are

"Wash, Wash, Wash Your Hands"
Wash, wash, wash your hands
While you sing this song
Rub and scrub, rub and scrub
The germs swirl down the drain
Scrub, scrub, scrub your hands
While you sing this song
Rub and scrub, rub and scrub
The germs swirl down the drain
Activity 2.4:
Print image to scale. Print two per page.
Activity 2.5:

The bubbles will be enlarged and stuck onto the horizontal banner (2.2) to be referenced during the lecture. After the lecture, the completed banner with the hands and bubbles will be hung in an area visible to all students and staff. A smaller version of the banner will be hung on the group hand washing station.

For 20-30 Seconds!

Top and bottom of your hands, in between your fingers, and your nails!

If you don’t have soap, use ash!

Sing a song to make it fun!

Shake them to dry in the air!
Activity 3.2:
This poster will be enlarged and hung in an area visible to all students

When is it Important to Wash Our Hands?
1. After using the toilet
2. Before eating
3. Before preparing food
4. After cleaning babies
Activity 3.6:

Example:

![Image of food items](image-url)
Activity 4.3:
List of benefits of washing hands to be depicted on strips:

_We wash our hands because..._

- It prevents us from getting diarrhea
- It prevents us from getting cholera
- It prevents us from getting pneumonia
- It prevents us from getting eye problems like trachoma
- It prevents us from getting typhoid
- It prevents us from getting a stomach ache
- Helps us be healthy
- Gives us energy
- We want to play sports
- We want to sing
- Helps us look clean
- We want to learn
- Makes us smell good
- Make us not disgusting
- It is shameful not to
- Dirty hands make us look bad
- Important people will respect us
- No one will look at us shamefully
- We will have more friends because we are clean
- We will be confident
- We will have pride
- We want to feel clean
- We deserve to have clean hands
- Leaders have clean hands
- Helps us get better grades in school
- Keeps our school books cleaner
- It's fun!
- It's cool!
- Everyone is doing it!
- It's easy to do
- It makes us happy
- We want to change the world
- We don't want to be absent from school
- Germs from poop is gross
- We want to kill germs
- We don't want to spread germs
- We want to be role models
- We want to teach other people to wash their hands
- We want to have jobs
- We want to be strong adults
- Diarrhea and other disease are not ok to have
- If we're not sick at home, we can see our friends
- We are working for a better future for ourselves and our community!
- I can talk to my friends while washing my hands
- Our teachers will be happy
- Our parents will be happy
- Our future children will be happy
- We care
**Activity 4.4:**

Each phase of the process will be printed onto one page using WordArt lettering to create an enlarged banner.

*Clean Hands ➔ Less disease ➔ Less school absences ➔ Better marks ➔ Brighter futures*

Example chain:
Activity 5.6:

4 badges will be printed per paper and laminated. Stickers will be ordered from amazon.
For March:

Several of these handwashing pledges will be distributed to students to recruit signatures during the march! The blank lines are where the translations will be filled in.

*By signing this paper, I pledge to wash my hands! I will try my best to wash my hands with soap during the four most important times listed below:*

1. After using the toilet
2. Before eating
3. Before preparing food
4. After cleaning babies