Part 6: Healthy Hygiene Spirit Week Student Workbook
Healthy Hygiene Spirit Week 2017
Student Workbook

Name:

Class:

School:
Schedule for the Week!
Get excited! Here is an overview about what we will be learning about this week.

Day 1-Monday: *Germs*
Green

Day 2-Tuesday: *Proper Handwashing Technique & Soap: The How*
Purple

Day 3-Wednesday: *Important Times to Wash Your Hands: The When*
Red

Day 4-Thursday: *Handwashing and You: The Why*
Yellow

Day 5-Friday: *Spread the word! Teaching Others and Sustainability: The Who*
Blue

Day 6-Saturday: *Celebration and March for Clean Hands Event!*

What do the colors mean? You’ll find out by the end of the week! 😊
Day 1

Germs
The Bread Experiment! Day 1

Directions: Fill in any marks you see on the two pieces of bread and then make a prediction about what you think will happen to the pieces of bread by the end of the week.

Bread touched with unwashed hands:

Other Observations/Thoughts?

Bread touched with washed hands:

My Prediction:
At the end of the week I think……..
The Spread of Germs!

*Directions*: In the first circle draw a germ. In the last circle draw a picture of yourself sick. In the circles in the middle, draw a pathway your germ could travel to end up in your body.
Day 1 In-Review!

What is a germ?

Where are germs located at your school?

Draw a picture of one place you think germs are outside of school

Write or draw a picture of anything you think you can do to fight germs
Thoughts about today...

Make a coloring page of our mascot fighting off germs. I will make copies and give it to the younger children to color. Earn Soap Cents if you do!
Color the germs!
Day 2

Proper Handwashing Technique & Soap: The How
The Bread Experiment! Day 2

Directions: Fill in any marks you see on the two pieces of bread.

Bread touched with unwashed hands:

Bread touched with washed hands:

Other Observations/Thoughts?
Glo-Germs!

Directions: Trace your hand. After performing the glo-germs activity, color the areas of your hand that are still glowing.
How to Wash Your Hands!

Directions: Follow these steps when washing your hands. Star the area you think you can improve on.

Dirty!

Wet

Get Soap

Rinse

Scrub

Dry

Clean!

www.cdc.gov/handwashing
Handwashing Songs!

Directions: Sing these songs twice while washing your hands to make sure you are scrubbing long enough!

"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

Challenge! Can you come up with your own song about handwashing to sing? If you can, earn Soap Cents!
The Correct Handwashing Path!

Directions: Look at Jill and Ben’s handwashing paths. Who took the correct path to handwashing? Color in the correct path. Then draw yourself on the correct handwashing path.
Compare!

Directions: Write down (or draw) any differences you see between the two photos:

<table>
<thead>
<tr>
<th>Hands washed with NO soap</th>
<th>Hands washed with soap</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Germs and dirt cannot be removed without...
Help Your Friend Overcome Barriers!

*Directions:* Hannah doesn’t wash her hands every day. When you ask her why she gives you several reasons for not washing her hands. Match a solution to each barrier Hannah says to encourage her to wash her hands.

1. “There is not enough time”
   - It only takes 20-30 seconds to wash your hands

2. “There is no soap”
   - Use ash instead!

3. “Handwashing is not important”
   - Handwashing has many benefits!

4. “No one in my family washes their hands”
   - Teach your family about why handwashing is important!

5. “None of my friends wash their hands”
   - Be a role model! Be the first of your friends to wash your hands.

6. “There is no place to wash my hands”
   - Wash your hands in the new group hand washing station!

7. “Handwashing is boring”
   - Make hand washing fun by washing your hands with your friends!
Day 2 In-Review!

Is handwashing a task everyone is able to perform? __________

Can handwashing stop the spread of germs? __________

Can germs still hurt us if we wash our hands with ONLY water? __________

Did your hands still glow after you washed them in the box? __________

Is there a proper technique to washing your hands? __________

Is soap important?! __________

Should you sing when you wash your hands for 20-30 seconds? __________

Should you wash your hands, even if your family members do not? __________

Should you smile and explain to people why they should wash their hands? __________

Did you learn something today? __________

Is this “math” problem correct? __________

What is important to use washing your hands?!
Thoughts about today...
Day 3

Important Times to Wash Your Hands: The When
The Bread Experiment! Day 3

Directions: Fill in any marks you see on the two pieces of bread

Bread touched with unwashed hands:

Bread touched with washed hands:

Other Observations/Thoughts?
When is it Important to Wash Our Hands?

Directions: For each of the most important times to wash your hands, draw a picture to help you remember.

1. After using the toilet

2. Before eating

3. Before preparing food

4. After cleaning babies
What else can you draw to represent other times to wash your hands? *Maybe a cow to represent you should wash your hands after touching animals?!*
Day 3 In-Review!

Fill in the missing letters of the 4 important times to wash your hands. Look to chalkboard for an example.

1. Af__er u__ing the t__ilet

2. Bef__re e__tin__

3. Befo__e pre__ar__ng fo__d

4. A__ter c__ea__ing b__bi__s

This is Michael. He just sneezed into his hands!

Michael should....

_________________________

When Michael coughs what gets on his hands? (Hint: Think small and green)

_________________________

Color Michael
Germ Buddies!

Before you prepared your germ buddy food, what did you have to do?

________________________

Draw a picture of what your germ buddy looks like!

________________________

Did he taste good!? ____________________
Thoughts about today...

Pretend you saw your friend begin to eat his food without washing his hands. In a short essay, write what you would say to your friend.
Day 4
Handwashing and You: The Why
The Bread Experiment! Day 4

Directions: Fill in any marks you see on the two pieces of bread

Bread touched with unwashed hands:

<table>
<thead>
<tr>
<th>Other Observations/Thoughts?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

Bread touched with washed hands:
Why Washing Your Hands is Awesome!

Directions: Below is a list of just a few the reasons why you would want to wash your hands. Color in the boxes with the reasons most important to you. There is no right answer. 😊

I will wash my hands because...

<table>
<thead>
<tr>
<th>Reason</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>It will prevents me from getting sick</td>
<td>It’s fun!</td>
</tr>
<tr>
<td>I want a job in the future</td>
<td>I deserve to have clean hands</td>
</tr>
<tr>
<td>Every smart person is doing it</td>
<td>I want to smell good</td>
</tr>
<tr>
<td>It is shameful not to</td>
<td>I don’t want to spread germs</td>
</tr>
<tr>
<td>Leaders have clean hands and I want to be a leader</td>
<td>Important people will respect me</td>
</tr>
<tr>
<td>I want to sing</td>
<td>It’s easy</td>
</tr>
<tr>
<td>It will prevent me from getting diarrhea</td>
<td>My teachers and parents will be happy if I do</td>
</tr>
<tr>
<td>Germs from poop are gross</td>
<td>Dirty hands are disgusting</td>
</tr>
<tr>
<td>It’s cool!</td>
<td>It will give me confidence</td>
</tr>
<tr>
<td>My school books will stayer cleaner</td>
<td>I want to have pride</td>
</tr>
<tr>
<td>It will give me energy</td>
<td>I do not want to be absent from school</td>
</tr>
<tr>
<td>I want to play sports</td>
<td>There is a new group handwashing station</td>
</tr>
<tr>
<td>I can talk to my friends while I wash my hands</td>
<td>I know it’s important</td>
</tr>
<tr>
<td>I want to teach others to wash their hands</td>
<td>I have the power to</td>
</tr>
<tr>
<td>I want to feel clean</td>
<td>Clean hands means I care about myself</td>
</tr>
<tr>
<td>I want to learn in school everyday</td>
<td>I want to help my community</td>
</tr>
</tbody>
</table>

Are there any other reasons you will wash your hands?
Connecting to Our Future!

Directions: Fill in the process that connects handwashing to a brighter, more successful future.

Directions: Write and draw your dream job in the blank space provided below.
Day 4 In-Review!

Color the face you make after washing your hands:

After you wash your hands you will feel:
- Awesome
- Confident
- Cool
- Energetic
- Happy
- Healthy
- Proud
- Respectful
- Smart

Find these words in the word search below. Circle the word when you find it in the puzzle!

Color the hand that would NOT help you smell good:

Why did you color this hand?
Thoughts about today...

Want to be in a handwashing video?! Write and memorize 1 or 2 creative sentences responding to the statement:
*With clean hands I can*....

In a short essay write about how handwashing can help your future.
Play “Helping Hands”

Directions: Get a dice, roll the dice, and follow the directions on the board. The first person to the finish line wins!

Start

1. You washed your hands before you helped to bake a cake.
2. WELL DONE...
3. Well done, you have washed away all the germs.

4. You forgot to wash your hands after planting in the garden. MISS A GO
5. You forgot to use soap after you put rubbish into the bin. THROW AGAIN
6. You Remembered to use soap after you put rubbish into the bin.
7. But A GO
8. You forgot to wash your hands after changing the baby’s nappy. GO BACK 2 SPACES
9. Finish

10. YOU HAVE WASHED AWAY ALL THE GERMS.
Day 5

Spread the word! Teaching Others and Sustainability: The Who
The Bread Experiment! Day 5

Directions: Fill in any marks you see on the two pieces of bread.

Bread touched with unwashed hands:

Bread touched with washed hands:

Other Observations/Thoughts?
SUSTAINABILITY

When Healthy Hygiene Spirit Week 2017 is over, our goals are to:

- Continue washing our hands as a group everyday
- Continue learning more about handwashing, hygiene, and health
- Improve the handwashing and hygiene of our school, homes, and communities

Some ideas we have for sustainability are:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
The Scrub Club!

What is the Scrub Club?!

Scrub Club is your school’s new student run organization led by Teacher ________________.

The main jobs of Scrub Club members are to:
- Make sure group hand washing continues
- Come up with new handwashing activities
- Improve other areas of hygiene in the school

We decided: (circle after voting)

- The Scrub Club should meet:
  
  ONCE A WEEK  EVERY OTHER WEEK

- The Scrub Club should do an activity with the school:
  
  FIRST FRIDAY OF THE MONTH  LAST FRIDAY OF THE MONTH

- The first activity we want the Scrub Club to come up with is a:
  
  GAME  DRAMA  DEMONSTRATION  WRITING ACTIVITY

- We also want the Scrub Club to brainstorm ideas to improve:

  TOILET CLEANLINESS  WATER COLLECTION  BODY HYGIENE
Handwashing Heroes!

Meet the Hygiene Heroes! Below are the names and job descriptions of each hero. Underline the name of the hero whose job you may want to do!

The Magnificent Call: This hero will be in charge of calling and gathering students to go to the group handwashing station. They may use a bell or run to different classes!

Captain All Hands: This hero will make sure no one skips washing their hands before eating. They may check classrooms for missing students during group handwashing or ask students if they remembered to wash their hands.

The Amazing Water Believer: This hero will make sure there is enough water at the group handwashing station for students to wash their hands with.

The Great Soap Supplier: This hero will be in charge of making sure the group handwashing station has soap at the beginning of each day. If there is not soap, this hero will refill the soap.

The Wonder Writer: This hero will be in charge of marking off every day the school successfully completes group handwashing on the handwashing calendar in the main office.

The Dynamic Duo: This is a set of TWO heroes who will work together to find any problems there might be with the group handwashing station. They will observe handwashing, talk to students, and keep the group handwashing station clean! Any problems they find; they will report to the teacher in charge of the Scrub Club.
Who Does Handwashing Benefit?

I know so much about handwashing now! I want to spread the message to benefit others. Who can I share my knowledge about handwashing with to help?

When I share my knowledge about handwashing, teach people how to wash their hands properly, and work to help improve handwashing I am being a....
How I Will Teach My Handwashing Buddy the Proper Technique to Washing His or Her Hands:
Day 5 In-Review!

Which of the following situations represents the “sustainability” of handwashing at your school? Color in the box with the answer you think!

After Healthy Hygiene Spirit week is over, no one washes their hands. Everything you learned is forgotten.

After Healthy Hygiene Spirit week is over, students continue to wash their hands every day. Scrub Clubs meet often and students work towards creating a healthier school and life!

Are you interested in being a member of scrub club? __________

Draw a picture of you and your handwashing buddy!

Role Model: ___________________________  Buddy: ___________________________

When you go home today, talk to someone (mom, dad, sister, brother, neighbor, shopkeeper) about handwashing. Share anything you learned with them. After ask them to write their signature on a piece of paper that says “Today I learned about handwashing from a young role model!”. (You will be given this paper). For every signature you get, you will earn a soap cent!
Thoughts about today...

Challenge Alert!

If you were president of the entire country and could tell every person one thing about handwashing, what would you tell them? Write down your answer!
Help Gene find his way through the maze so he can get the soap to properly wash his hands!
Day 6
The Bread Experiment! Day 6

Directions: Fill in any marks you see on the two pieces of bread

Bread touched with unwashed hands:

Other Observations/Thoughts?

Bread touched with washed hands:

Turn back to page __ and read your prediction.

Was your prediction right?

Does seeing this make you want to wash your hands even more?

Crazy...Right?!
Want to Learn or Do More?
Whew! You learned so much this week. But if you want, there is even more you can do! Spread
the information. Teach a friend. Prevent someone from getting sick. Help someone’s future. You
have the power; you are a handwashing hero! Keep learning. Keep asking questions. Here are
some suggestions:

• Keep washing your hands as a group every day
  before lunch
• Wash your hands at home and encourage your family
  and neighbors to as well
  • Take an active role in the Scrub Club
  • Write down everything you learned
    • Write down your ideas
    • Re-read your workbook
  • Read books about handwashing and hygiene
  • Write books about handwashing and hygiene
    • Visit websites such as
      o Scrubclub.org
      o Soaperhero.org
      o Henrythehand.com
    • Talk to your local health officer

Write a letter to your local health officer explaining to them what
you did and learned this week. Ask him for more help in funding
handwashing and other hygiene programs at your school. Explain
why you want your school needs this money. Bring your letter to a
teacher to read and then they can help you send your letter. Make a
difference!
What was your favorite part of Healthy Hygiene Spirit Week? What did you learn?

Write or draw a picture! 😊

Think about a time you did not wash your hands, when you should have washed your hands. Write about this time. Some things you may want to write about are:

- When and where you were when you did not wash your hands
- Why you did not wash your hands
- Would you wash your hands during this time now?
  - If so, why would you wash your hands during this time now?
My Personal Handwashing Goals:
What goals do you have related to handwashing? These goals can be anything related to handwashing: your own handwashing behavior, teaching someone about handwashing, or even reading a book related to handwashing! Get creative and then complete these goals, when Healthy Hygiene Spirit Week is over.


Take the Pledge!

My name is ________________________ and I pledge to wash my hands! I pledge to use soap and to remember the important times to wash my hands. I pledge to spread important handwashing messages. I pledge myself to a healthier future for myself, my family, my school, and my community!

Print Name ________________________

Sign Name ________________________
The world is a cleaner, healthier place because YOU wash your hands.
Dear Students,

I am so happy and grateful to have been given the opportunity to teach you all about handwashing this past week. I hope you all learned about how important handwashing is! I hope “Healthy Hygiene Spirit Week” was a fun week you will never forget. I learned so much from you all being here and I could not have enjoyed my time more. You are all so special and you all can make a difference! Promise me you will continue to wash your hands and spread the message. If you ever have any questions, let me know. Stay in touch. YOU ARE AWESOME.

Love,
Aunt Steph
Email: pasewase@dukes.jmu.edu