

## Wiggle While you Wash!

**Objective:** The children will identify at least two situations where they would need to wash their hands.  
The children will learn proper washing techniques.

**Materials:** pretend sink (may be a cardboard box), towel, soap

**Procedure:**

1. Ask the children to tell you the important thing they should do after they go to the bathroom. (wash hands)
2. Give praise and then tell the children that there are other situations in which they should wash hands:
  - After playing with pets
  - After playing outside
  - Before and after meals and snacks
  - After doing crafts
  - After you sneeze
3. Before visiting someone in the hospital
4. Ask the children to watch you closely as you wash your hands in the pretend sink.
5. Pretend to do a quick splash in the sink. Then ask the children if that would have gotten all the dirt and germs off your hands.
6. Discuss what germs are.
7. Ask for a volunteer to come up to pretend to wash.
8. Go through the proper procedure- wet hands, get soap, and scrub tops of hands, bottom of hands, nails, in-between fingers, and wrists- for the duration of a song. ABC's is easiest.
9. Thank your volunteer.
10. Ask the children for other songs that may be sung. Do a little dance as you try out each song.
11. Have the children pretend to wash with you and sing a group song. Try a variation of "Shake my Sillies Out" such as "Gonna wash, wash, wash my germies out..."

**Extension:**

Make the "Cover that Sneeze!" craft to extend learning about germs.

Watch the "Did you wash 'em" video at

[http://www.kdheks.gov/wash\\_em/howtowash\\_video.html](http://www.kdheks.gov/wash_em/howtowash_video.html)