

Lesson Plan

Mrs. Wishy-Washy

Purpose:

To enable students to learn and practice proper hand-washing techniques.

Materials Provided:

Copy of Hand-washing song

Music (to the tune of “Twinkle, Twinkle...)

I am washing my hands now.
Step right up, I'll show you how.
Nails and fingers I will scrub.
With soap and water, rub, rub, rub.
Now my hands are clean and bright.
Clean hands help me feel JUST RIGHT!

Note: Since young children are learning the alphabet, they may also sing the “Alphabet Song” to time their hand-washing sessions.

Materials Needed:

Soap and water

Paper Towels

Lovely Mud (chocolate pudding, crushed chocolate cookies, or alternative)

Copy of Big Book Mrs. Wishy-Washy by Joy Cowley (ISBN: 0-7802-7654-X)

Vocabulary:

Germ Soap Sink Clean Towel Water Scrub Lather Dry

Teaching Strategy:

Read Mrs. Wishy-Washy to the class. You may wish to dress for the occasion. You will need a sleeping cap or scarf on your head, and apron, and big, fuzzy slippers.

Provide students with appropriate background information about the farm animals: cow, pig, and duck. An essential question to ask is, "Why do you think these animals thought the mud was *lovely*?"

Discuss the need for hand washing, especially when handling food.

Display and discuss a hand-washing flow chart. Develop your own class chart if desired.

Sing the Hand-washing song as a group. You may wish to post the lyrics on chart paper near the class hand-washing station.

Prepare some "lovely mud" and allow students to jump, stamp, and paddle in it using their hands. (I mixed chocolate pudding with crushed chocolate wafers. This proved to be very messy. If you use pudding, you will want to cover the floor of the classroom with a tarp. It will be helpful to work around a table and have children seat to restrict the area affected by the "lovely mud". Another option is to fill a bowl with brown yarn, packing peanuts, or crepe paper to simulate the mud experience.)

Allow students to take turns at the hand-washing station to demonstrate their skill. They should sing the Hand-washing Song as a timing aid as they wash their hands.

Follow up with a snack or meal and/or allow students to copy the flow chart.

Extension Activities:

- Research animals that require mud or some other natural product as protection for their skin and insulation from extreme temperatures. It is worthy to note that NC's number one agricultural commodity is hogs. Hogs will cover themselves with mud to serve as insulation and protection from the sun if they live outdoors.
- Contact a school nurse or High School Health Occupations class and ask for a follow-up lesson on transmission of germs. They often have access to disclosing agents that glow in the dark and simulate how germs are passed as we handle and pass common items to one another. This activity can be duplicated with a small amount of glitter.

The Hand-Washing Song

I am washing my hands now.

Step right up... I'll show you how!

Nails and fingers I will scrub.

With soap and water rub, rub, rub!

Now my hands are clean and bright.

Clean hands help me feel

JUST RIGHT!