

HEALTHIER FUTURES.™

Dial® & Big Brothers Big Sisters

HEALTHY HANDS

ACTIVITY LESSON PLAN/SCHEDULE:

Note for Activity Leader:

*Please feel free to ad lib as needed to maintain the energy and excitement of the exercise! As long as we're covering the WHY, WHEN, and HOW, there's no need to stress about delivering every single line as it's written – but it's here as a resource to help guide the activity. Important facts and statements have been marked in **bold**. The experiment/lesson plan works best if the Bigs and Littles feel like they can have fun!*

0:00-10:00 – INTERACTIVE LESSON/DISCUSSION

This is the intro and lesson portion that includes fun facts and teachings to be presented by the activity leader and builds off the 3 pillars of this activation: WHY, WHEN and HOW.

Leader: **Hi everyone, we all know that handwashing is an important habit for health. Big Brothers Big Sisters of America is working with Dial all this year to dive in and explore the importance of handwashing. So, who's ready for a fun activity today ... that might involve a little bit of glitter?**

Let's start by raising your hand if you washed your hands before lunch today?

[Speaker to allow time for hand raises and count hands]

Raise your hand if you washed your hands at all today?

[Speaker to allow time for hand raises and count hands]

We all hear that it's important to wash our hands, but does anybody really know why we do and how it works?

[Speaker to position this question rhetorically and transition to the remainder of program]

WHY do we wash our hands?

Leader: Can anyone here share with the group why we wash our hands with soap?
[Call on a couple of kids that raise their hands]

[Answer should be – because it helps remove germs from our hands.]

Yes, we wash our hands with soap because we want to stop the spread of germs. Germs are so tiny that you can't see them, but they are everywhere, and our hands are very good at spreading germs because we use our hands to touch so many different things every day.

Has anybody been sick this year and had to stay home?

[Allow for a show of hands]

When you were sick, did anybody else in your class or in your family get sick, too?

[Allow for a show of hands]

That's because we can easily spread germs without even realizing it! The germs get on our hands and then we can spread the germs to anything we touch and make other people sick. How many objects do you think you touched today? At home? At school?

[Speaker can call on one-two people with the goal of showing that it's a very high number]

Your hands are the ground zero for germs since they are the most used source of touch on the human body. So, if you can remove the germs on your hands, you're preventing yourself from spreading germs to your family, friends, teachers, and classmates! Even better, it's estimated that handwashing with soap can save approximately 230,000 lives around the world per year! (Global Handwashing Day Toolkit)

WHEN do we wash our hands?

Leader: **So now let's talk about WHEN you should wash your hands. We all know some of the obvious times – but let's talk about all the times WHEN handwashing is important. I'm going to name a few scenarios, and I'd like to get a show of hands if you wash your hands after each of these activities.**

[Note: facts about each scenario are included below. These can be used to add to the conversation after the show of hands, or they can be omitted if irrelevant to the group.]

- **Before eating or preparing food**
 - Germs can spread from your hands and contaminate the food you eat or prepare for others. So, handwashing habits in the kitchen are crucial! (Global Handwashing Day Toolkit)
- **After contact with sick person**
 - People often touch their eyes, nose and mouth without realizing it, introducing germs to their bodies (CDC). Evidence shows that better handwashing practices can cut infections and diseases by 20-50% (Global Handwashing Day Toolkit)
- **After playing outside**

- If you can see dirt on your hands, the germs are definitely there, too! Washing hands with soap can break down dirt and grease and help remove germs from your hands. (Global Handwashing Day Toolkit)
- **After changing a diaper**
[Included if there are Littles over age 11 in the room, since they could be helping at home with younger siblings. Can skip if irrelevant]
 - Did you know that 1 trillion germs can live in 1 gram of poo? (CDC)
- **After blowing your nose, coughing or sneezing**
 - Cold and flu viruses can exist on inanimate objects for at least 24 hours (CDC)
- **After touching garbage**
 - Trash cans often are contaminated with germs from old food, bodily fluids, paper towels, and bathroom materials. Regularly washing your hands after you take out your trash will remove any sticky or smelly substances and most importantly, removes germs! (Global Handwashing Day Toolkit)
- **After touching animals**
 - Handwashing is important any time after you play with, feed, or clean up after a pet to help reduce the risk of illness with germs that can be shared between people and animals. (CDC)
- **After using the bathroom**
 - After using a public restroom, hold a paper towel in your hand as you turn on the tap or grab the door handle to further protect from germs on those surfaces.

[Once you get through this list, open up to the room to see if the group has any other ideas for times when they should wash their hands.]

Research from all over the world shows that most people are not washing hands with soap when coming into close contact with materials that are loaded with germs, like a trash can or after using a bathroom. If you can make a habit of handwashing when encountering these activities, you'll be helping your friends and family stay healthy!

HOW do we wash our hands?

Leader: **Now we know why and when we wash our hands, but HOW you wash your hands could be the difference between staying healthy and getting sick. We have to make it count!**

- **First, wet your hands using warm water and apply soap.**
- **Rub hands together quickly for 20 seconds (or sing your ABCs one time through. You can also sing the Happy Birthday song twice!)**
- **Rinse hands well under running water and ensure all the soap is removed.**
- **Dry hands using a paper towel or air dryer (cloth towels can hold bathroom germs!)**

- Use paper towel to turn off faucet and open the bathroom door.

To simulate how germs spread and how soap works to remove germs from our hands, we have a fun experiment. What does glitter have to do with germs? Well, glitter isn't a germ, but it actually simulates how germs act when they're on your hands! But, glitter is colorful and shiny, so we can easily see it (unlike germs, which we cannot see). Who's ready for this experiment?

10:00-25:00 – HANDS-ON ACTIVITY

[The experiment portion is best as an ad-lib type of scenario, with the instruction explaining the experiment in the way best suited for the group. Below are the instructions, but the instructor can feel free to adapt as necessary to meet the needs of the group.]

Germ Simulation Experiment:

Collect these materials:

- several colors of sparkly glitter
 - paper towels
 - hand lotion
 - large container to catch the glitter
1. Divide kids into 3 groups and assign each group with a different color of glitter.
 2. Put a small amount of hand lotion in each child's hand. Have them rub it all over their hands.
 3. Over a large container, sprinkle glitter into one child's hand in each group. Have them rub their hands to spread the glitter evenly. Next have them shake each of the other children's hands in their group. The glitter will transfer from the original kid's hands to the others. All the children in one group will have the same color hands.
 4. Next, have the kids shake hands with kids from the other groups. The various colors will colorfully demonstrate how easily germs are shared.
 5. Next, have them try to get the glitter off with dry paper towel. The result is that it is impossible to get all of the glitter off with just a dry paper towel, signifying the need for handwashing. This is exactly how germs behave.
 6. Then, have them try to get the glitter off with plain, cold water. Again, it is hard to get all of the glitter completely off.
 7. After that, use warm soapy water to get the glitter germs off. This method should remove the rest of the glitter, just as it does for real germs.

[Now you can discuss what happened trying to get the glitter germs off their hands. Ask the kids to share their "observations" just like a real science experiment. The glitter (germs) easily spread from person to person. Then, dry paper towel and the cold water didn't help to get the glitter off, but the warm soapy water did! The same goes for real germs.]

25:00-30:00 – WRAP UP OF ACTIVATION

Leader: Can I see everyone's clean hands up in the air?
[Use this as a time to get everyone focused again. You can even make a comment about how this is the cleanest room of hands you've ever seen or something else to praise the kids for their success.]

Who learned something today? Raise your hand if you can tell me what this glitter experiment taught you?
[Call on several kids to answer, dependent upon how much time is left or how rowdy the kids are]

So as a recap, we wash our hands so that we don't spread germs and get sick. What do we miss when we're sick?
[Call on a few kids; look for answers like playing with friends, sports practice, going to school]

The simple act of washing our hands means more time to play with our friends, more time to spend with family and more days in school to learn. Washing hands means being healthier!

Now, since you all learned SO much today about the importance of handwashing, we have bottles of Dial soap for each of you to take home so you can be ambassadors for hygiene and handwashing in your own homes by washing your hands every day and teaching your family and friends to do the same. Raise your hand if you're ready to be an ambassador for handwashing!

[Give every participant a bottle of soap with the co-branded marketing flyer or the co-branded sticker.]

If you loved this experiment, check out the Dialsoap.com/healthierfutures website for more Healthier Futures fun. Be sure to share your photos on social media using #HealthierFutures!