HANDY SAVES THE DAY IN YOUR PRE-SCHOOL

A Hand Washing Education Program
Teacher’s Guide
Welcome to the Colgate-Palmolive Clean Hands, Good Health Hand Washing Program for pre-school children. Staying healthy is important all year long – but the winter months can be particularly challenging. Did you know that one of the most important ways to stop the spread of germs is effective hand hygiene? Fostering good hand hygiene from an early age is extremely important to ensure this habit is carried through life.

With the engaging program mascot, Handy the Octopus, and the ‘hands-on’ program resources, we aim to help you reduce the spread of germs and make hand washing a fun and regular routine for children. We hope you find the Clean Hands, Good Health resources to be a useful tool in engaging children and their families in hand washing.

Once you have experienced the program in action, it would be greatly appreciated if you could please take a moment to complete and mail the reply-paid Evaluation Card enclosed. We look forward to hearing from you!

Kind regards,

Colgate-Palmolive Company
Australia & New Zealand

Special thanks to:
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Educational Consultant

Help reduce the spread of germs by proper hand washing and communicating to children and families how germs are spread.

**THE GERM PATH**

Helping reduce the spread of germs by proper hand washing and communicating to children and families how germs are spread.

**IT’S IN YOUR HANDS**

**Hands to Food**: If a food preparer does not wash their hands after using the toilet, germs are passed along to the people who eat the food.

**Food to Hands and Other Food**: Germs can be transmitted from raw, uncooked food to hands and other food, if they share the same preparation surface and tools. This is called cross-contamination.

**Hands to Self**: Germs are picked up every day — from doorknobs, toilet seats, objects or other people. They pass onto you when you touch your eyes, nose or mouth with unwashed hands.

**Hands to Others**: Germs can be spread to the hands by sneezing or coughing and then touching other people or surfaces.

**IMPORTANCE OF HAND WASHING**

Keeping our hands clean is a key step in staying healthy, according to the Department of Health “Hand hygiene is crucial in reducing transmission of infections”¹ and the best option for effective hand washing when they are visibly dirty is to use warm, soapy water and ensure you cover all hand surfaces before rinsing and towel drying². Hand washing isn’t just good hygiene to help stop you getting sick, it’s a skill, one that you use every single day. Studies show that routines and habits are unlikely to vary after the age of 9, so it’s never too young to teach kids to be hand washing champions³.

Because germs can’t be seen, felt, tasted or heard, making them real for children can be difficult. Story, song, movement, drawing and games are great ways to raise awareness of the importance of hand washing while making developing a hand washing routine fun!

A Hand Washing Education Program

Teacher’s Guide
This 12-page guide provides ideas for using the program resources, together with suggestions for sharing the information with children and their families.

How to Wash Poster
This full colour poster shows how to wash in 5 easy steps.

When to Wash Poster
With the assistance of his four friends, Handy shows the most important times to wash hands.

I’m a Hand Washing Champion! Stickers
A great visual reminder or reward for children who wash their hands.

VISIT: www.palmolivecleanhands.com.au for more information, poster downloads and to order more kits.

Clean Hands = Good Health Family Take-Home
This guide provides important hand washing information for the family together with a hand washing chart to help build the child’s hand washing habit.

Handy’s friends show Handy the Octopus is having a party! He has invited his sea-dwelling friends: a sea lion, a hand fish, a crab and a mermaid, to join him and his pet starfish. With Handy’s help, the friends discover how, why and when to their wash hands.

EARLY CHILDHOOD LEARNING
The activities in this program have been informed by the Early Years Learning Framework (EYLF)4, “Belonging, Being and Becoming” in Australia and Te Whariki5, “Exploration, Communication, Well-being, Contribution and Belonging” in New Zealand. In addition to developing children’s health knowledge, the lessons engage children in a variety of ways promoting positive communication and foundational literacy and numeracy.

Lesson 1

SAY HELLO TO HANDY

About the Story

Handy the Octopus and his pet starfish Simon, are having a party! Handy’s four friends – Brian the Sea Lion, Matilda the Mermaid, Fred the Red Hand Fish and Abby the Crab – show kids the importance of washing their hands through an engaging story and ‘hands-on’ demonstrations.

Getting Ready

1. Announce that you will be introducing your good friend, Handy the Octopus. He’s a very smart and healthy guy! Ask the children if they have ever seen an octopus. Mention that there’s something very special about this octopus. He has eight hands, lives in the ocean and uses all eight hands to eat, play and wash.

2. Ask the children “how would you like to have eight hands to wash?” Let them know that Handy has a pet starfish named Simon and four friends: Brian, Fred, Abby and Matilda. They’re good friends, but they have a lot to learn about hand washing. Today we’re going to learn about hand washing and how to help Handy’s friends too. But first:
   • Who has washed their hands today?
   • Do you remember when you washed your hands?
   • Why did you wash your hands? (to wash away the germs that might be on your hands)
   • What might happen if you didn’t wash those germs away? (you might get sick)
   • What did you use to wash your hands? (soap and water)

Read the Story

Settling the children into a circle, announce that you would like them to pay close attention while you read the story aloud. After you have read the story aloud at least once, use the “Page-by-Page” ideas on page 6 to stimulate discussion and learning. The ideas connect to early literacy and numeracy. Feel free to add your own.

‘I'M A HAND WASHING CHAMPION!* STICKER

Use the stickers to reward children for:
• Identifying when to wash their hands (before and after)
• Showing how to wash their hands
• Sharing hand washing knowledge

Reward children with the Handy Hand Washing Certificate on page 11.
Let’s go!” he says with a smile. Handy loves washing his own hands too.

**Teacher Tip:**

*Find objects with the same colour?

What were each of Handy’s friends doing as they arrived for the party?

**Teacher Tip:**

*Ask the children to say hello to Handy and Simon.

Our friend Handy is very busy. It’s party day! Yippee! So he thinks his friends have washed their hands… ... Handy’s friends can’t see them. Can you?

On the table and door and the bathroom and more, now what will Handy do?

**Extension:**

*Have the children draw and colour the germs. This can be used to introduce the “Everything We Touch” Activity on page 8.

Remind children of their predictions for when to wash.

What were each of Handy’s friends doing as they arrived at the party?

**Teacher Tip:**

*Ask the children to predict Handy’s hand washing steps.

PAGES 10-11

Ask the children to say:

Soap + Water, Bubbles, Rub, Rinse, Dry.

Have the children mime the actions for hand washing.

Ask them what they can do now they have washed their hands. (Eat)

**Teacher Tip:**

*To remember the sequence of steps, children can count on their fingers or count from 1-5.

PAGES 2-3

Ask the children to say hello to Handy and Simon.

Ask four children to stand so they can count eight hands.

What would they do if they each had eight hands?

**Extension:**

*Have them find eight objects, stand in a line or circle of eight. What other objects can they count?

**Teacher Tip:**

*Have a hand washing competition, who can wash their hands for 20 seconds, closest to the time wins.

**PAGES 4-5**

Ask the children to say hello to Handy’s friends: Brian, Matilda, Fred and Abby, as they arrive for the party.

Ask the children to pay close attention to the friends’ actions.

**Extension:**

*What colours can the children see the friends wearing? Can they find objects with the same colour?

**Teacher Tip:**

*Have the children mime the actions for hand washing.

**Handy’s friends arrive at the party?**

As they watch the germs wash away!

**Extension:**

*What would they do if they each had eight hands?

**PAGES 6-7**

Have the children take turns to locate the germs in the storybook.

Can they link the germs to the friends?

**Extension:**

*Ask if they can see similar locations in the pre-school setting and at home.

**Teacher Tip:**

*Have children predict when the friends might wash their hands.

**PAGES 8-9**

**PAGES 12**

Ask the children what they have learned today. Have them sing and act out Handy’s Hand washing song on page 7.
Handy and his friends love to sing, and Handy often teaches his friends new songs so they can remember important things. One of their favourites for hand washing is the song below, which they sing to the tune of Row, Row, Row your boat.

**VERSE 1**

```
C C C D E
Wash, wash, wash your hands

E D E F G
Wash them nice and clean.

C C C
Scrub them here

G G G
Scrub them there

G F E D C
And scrub them in between
```

**VERSE 2**

```
C C C D E
Wash, wash, wash your hands

E D E F G
Play our han-dy game
```

**VERSE 3**

```
C C C G G G
Rub and scrub, scrub and rub

C C C D E
Germs go down the drain HEY!

C C C D E
Wash, wash, wash your hands

E D E F G
Play our han-dy game

C C G G G G
Rub and scrub, scrub and rub

C C C D E
Germs go down the drain HEY!
```

**Extra:** Have the children mime the actions as they sing the song.

**Note:** When actually washing hands, remember to conserve water while singing the hand washing song.
ACTIVITY: EVERYTHING WE TOUCH

Getting Started: Explain to children that germs are everywhere and they are so small that we cannot see them. That is why it is easy to forget to wash our hands.

Supplies: White paper, crayons, scissors and sticky tape.
1. Have children draw germs on paper. Encourage the children to draw various shapes. They are often funny in shape even though we can’t see them! Refer to the storybook pages 6-7.
2. Have them colour the germs and cut them out.
3. Have the children tape the germs around the room on everything they touch over a 15-30 minute time period.
4. After the time has elapsed, look around the room and discuss how easy and often we pick-up and spread germs.

Alternative: If you do not have scissors or tape, use sticky notes.

Conclusion: Ask the children if they touched their mouth, nose, or eyes while doing this activity. We often touch these areas without thinking, making it possible for germs to enter our bodies which can make us sick. That’s why it’s important to wash our hands throughout the day, particularly before eating or handling food. It is also important to wash our hands after touching something that might have germs, such as when we use the bathroom, play outside or with pets. If we don’t wash our hands, the germs can easily spread to more places and to other people and cause sickness. See the Germ Path on page 3.

WHEN TO WASH

What:
Students will learn when they need to wash their hands with Handy and his friends.

Getting Ready

Supplies:
• The Big Book
• When to Wash poster

Washing with Handy:
Hang the ‘When to Wash’ poster at a level where everyone can see.
Tell students that because Handy has so many hands he has to be very careful about remembering to wash them all.

Referring to the poster, review all of the different times they need to wash their hands. Ask them when they would need to wash at home.

Ask the students what they need to wash their hands.

Matilda’s Fintastic Tip:
Here is a fun activity that I like to do with my friends that reminds us of when we need to wash our hands.
Lesson 4

**How to Wash**

**What:**
Students will learn how they wash their hands with Handy and friends.

**Getting Ready**

**Supplies:**
- The Big Book
- How to Wash poster

**Washing with Handy:**
Hang the ‘How to Wash’ poster at a level where everyone can see.

Ask if a child would like to show or tell the rest of the group how Handy says to wash our hands.

Referring to the poster, talk through the steps. Have the children repeat them

**Follow Up:**
Let each child take turns describing and miming the steps. If a sink is available use that for splashy fun!

**Opportunity to connect with families:**
- World Hand Hygiene Day (May 5)
- Global Hand Washing Day (October 15)
- Child Registration day
- Pre-School Open day

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**Handy at Home**

I’ve added 28 take home sheets in the kit for parents. The sheets have a reminder on how to wash your hands as well as a fun mini poster for parents to stick up at home reminding children to wash their hands.

A great follow up on these leaflets is to discuss when children washed their hands at home the next morning.
COLOUR HANDY AND FRIENDS
This Clean Hands, Good Health certificate is awarded to

For making hand washing an important part of their day!

Signature

Date
FOR MORE INFORMATION CONTACT:

Clean Hands Good Health
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VISIT:
www.palmolivecleanhands.com.au
for more information, poster
downloads and to order more kits.