Healthy Habits -Washing Hands

We have continued our unit on healthy habits. The week was all about washing our hands. We learnt that we need to wash our hands before we eat and after we play. We also learnt that washing our hands gets all the germs off and that stops us spreading them onto the toys and onto other people. We used glitter as a representation of germs. When we put some glitter onto our hands, we could see how quickly the germs spread as we shook hands with someone or touched someone’s belongings. We also learnt how to wash our hands. Having the glitter on our hands helped us become aware of how much scrubbing we actually have to do to get all the germs off. We now know that we need to rinse, scrub all over our hands, with soap, for the count of 20 and then wash off the soap. Bread experiment showed us that drying hands with a paper towel is the most hygienic way to dry our hands. The children were amazed to see just how much mould grew on the bread that was touched by dirty hands and how much on the bread that was touched by the towel dried hands, instead of the paper towel.

It would be wonderful if you continue to encourage hand washing at home and be patient allowing them to count to 20 before washing the soap off. Good hand washing practices will not only prevent illness but also reduce the risk of high lead levels in your children.