



## Western China Medical Mission – 中国西部卫生健康服务目标

**Session Title:** Hand Washing and Basic Sanitation  
**Total Time:** One (1) – 30 Minute Sessions with 10 Minutes for Questions & Answers Included  
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**Objectives:** By the end of the lesson the students will be able to:

1. have fun while learning
2. Understand that cleanliness is important to health and hygiene
3. Promote good hand washing techniques
4. Explain the importance of being in charge of their own bodies

**Materials:**

1. Liquid Soap and Water
2. Posters with photos
3. Camera to take photos of activity
4. Assessment of Learning Effectiveness: demonstration of correct (Person #1) and incorrect (Person #2) process of hand washing. Participants to vote on which method is correct by a show of hands.

**Outline:**

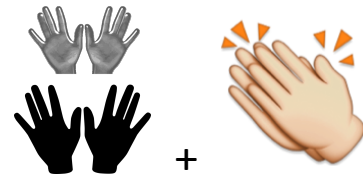
1. (5-10 Minutes) ~ Welcome Participants:
  - a. Presenters and translator's introductions.
  - b. Express the main purpose of the topic.
    - i. Understanding the importance of hand washing. Be culturally sensitive/use understandable words with posters. Germs are so small that you cannot see them and they are found almost everywhere. Germs can make you sick. Older students – different types of germs caused by bacteria and viruses (cold, flu, pneumonia). Bacteria and viruses may cause illness and disease. Washing your hands can help get rid of germs, and is the best way to help prevent illnesses and diseases.
    - ii. Learn more about when and how to wash your hands. Wash your hands: after using the toilet, preparing; touching or eating food; after playing with animals; after touching money; after playing outside; after coughing, sneezing or blowing your nose
    - iii. Explain the importance of using soap and running water
    - iv. What you can do if soap and clean, running water are not available.



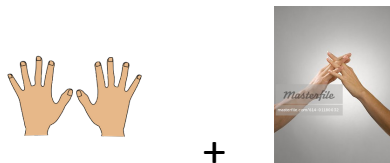
2. How do **you** wash your hands? Student to demonstrate. Praise, but emphasize that we must wash for quite a long time – 20 seconds. Count to 20 in English or if young in their own language.
3. How to Wash Your Hands: “Teach the 5 move hand dance” and *signals* (the signals allow younger children, children with little English, or children at the back of the group to cue the hand movements)
  - Mime turning on a tap and wetting your hands under warm, running water.



- Mime using liquid or pump soap whenever possible



- CUE ONE - Hold palms up and scrub palms vigorously for 5 seconds
- CUE TWO – Hold up hands with fingers apart and cue to wash between fingers for 5 seconds



- CUE THREE – Hold thumbs up and wash around each thumb and base 5 seconds



- CUE FOUR - Scrub underneath the fingernails.



- CUE FIVE – Hold down the backs of your hands and scrub the back of each and in between
- Rub hands together vigorously for 10- 20 seconds
- Rinse thoroughly and dry with paper towel or hand dryer, or shake hands vigorously



- Take a pledge to regularly wash your hands





- Overall procedure over 20 seconds, using each cue to initiate changed position.
4. Now combine the counting aloud with the hand dance (**Teach by example using the hand cues above to initiate the students' developing correct hand washing procedure**). (5- 10 minutes)  
Demonstrate how to wash your hands:
    - a) Demonstration by volunteers (I do)
    - b) Whole class attempt (we do). This can be repeated.
  5. (5 – 10 minutes) Sing A Simple Song to help students develop a timeframe for hand washing with the hand dance technique. In the Western China Mission, we used the tune of “If you’re happy and you know it” for two reasons:
    - a) The tune is known already by all the students
    - b) It was easy to translate in to Chinese for the kindergarten students
    - c) Teacher demonstrated first and then class attempts
  6. Conclusion and Review:
    - a) Invite a teacher or students to come and have a try
    - b) Have volunteers demonstrate correct and incorrect methods of hand washing using the song, and have students vote on which is correct.
  7. (5-10 Minutes) ~ Evaluation:
    - a. Ask the students to raise hands based on
      - i. Whether they learned correct method of hand washing
        - Have one of the trainers to count.
      - ii. Whether they will use the correct method the next three times they wash their hands.
        - Have one of the trainers to count