

# Lesson Plan Malawi Schools

## Hand washing



<b>Year Group:</b>	<b>Date:</b>	<b>Number of learners:</b>
<b>Context:</b> Starfish Malawi's Health and Hygiene project includes lessons taught in schools in Malawi and the UK.	<b>Learning Objectives:</b> To understand how poor hand hygiene contributes to disease and ill health To learn about good hand hygiene To understand that we are privileged to be able to access toilets and hand washing facilities with soap and running water	
<b>Success criteria:</b> I understand why I should wash my hands thoroughly for at least 20 seconds I understand that washing hands with clean water and soap can prevent the spread of disease	<b>Global Goals for Sustainable Development:</b> 3 Good health and wellbeing 6 Clean water and sanitation	
<b>Technical Vocabulary:</b> Health Hygiene Bacteria/microbes	<b>Resources:</b> WHO hand washing poster <a href="https://www.who.int/gpsc/5may/Hand_Hygiene_When_and_How_Leaflet.pdf?ua=1">https://www.who.int/gpsc/5may/Hand_Hygiene_When_and_How_Leaflet.pdf?ua=1</a> Paper Pencils	
<b>Organisation of activity:</b> Introduction: Our hands naturally secrete oil which helps to keep our skin moist and stops it getting too dry. This oil, however, is a perfect place for microbes to grow and multiply and helps microbes 'stick' to our skin. Our hands are naturally covered by our useful bacteria – usually useful <i>Staphylococcus</i> . Washing our hands regularly helps to remove the other microbes we collect from our surroundings (e.g. home, school, garden, animals, pets, food). Some of these microbes can make us ill if eaten or breathed in.  Ask the children to draw round their hands, one hand with the palm down and one hand with the palm facing up. Make sure they include wrists as well. Once they have an outline, they should remove their hands from the paper and draw on fingernails and any lines and creases they see on their hands. <ol style="list-style-type: none"> <li>1. Explain how sickness spreads through unseen germs on our hands.</li> <li>2. Ask the children to look closely at their hands.</li> <li>3. Ask them 'where might the germs be hiding?'</li> <li>4. Ask them to imagine they have put their hands in some soil. Ask them 'where does the soil stick?' The answer will be under the fingernails and in the creases of the hands. You could demonstrate this on your own hands with soil, and follow it by washing your own hands with soap so the children can see how it should be done.</li> </ol> On the pictures of their hands, the children should draw where the germs might be hiding. It doesn't matter how they choose to draw the germs.		

Use this activity to help children think about when to wash their hands. Help them understand that their hands need washing when they look dirty and sometimes when they look clean but may have germs on them. Emphasise the importance of washing hands thoroughly with soap to get the germs out of the creases and from under the fingernails.

In groups, ask children to make a list of all the times during the day they should wash their hands. Take feedback. The list should include:

when they are dirty,  
before touching your face or eyes.  
before and after touching someone who is not well  
before and after food preparation,  
before eating,  
after toilet,  
after touching face/nose, blowing nose, coughing and sneezing,  
before touching a wound or cut  
after changing nappies or helping a child in the toilet  
after handling animals or animal waste or rubbish etc.  
when you have been on public transport  
whenever you come into your home from being out.

Talk through the WHO handwashing poster with the children, demonstrating each step and getting them to copy. Learn the Holy Trinity/Mkhanakhoti handwashing song (ideal for memorising the correct actions with subtitles in Chichewa):

[https://www.holytrinitynorthwood.org/website/handwashing\\_song/448096](https://www.holytrinitynorthwood.org/website/handwashing_song/448096)

Discuss some other things we need to think about when washing hands:

- 1 Decide we need to do it
- 2 Pull up our sleeves
- 3 Use clean water
- 4 If the water is coming from a tippy tap, make sure the tap runs but not too fast- just slowly
- 5 One squirt of liquid soap or rub hands with a bar of soap
- 6 Use the WHO handwashing technique, paying particular attention to the importance of washing between the fingers (stress this part as it may be an ingrained habit to hold water in the hands like a cup because it is so precious) and rubbing hard. Stress that handwashing should include the wrists. This is particularly important during coronavirus where children may have leaned on a table in school or on the ground and picked up the virus.
- 7 Shake hands to get off the water and allow them to dry.

Problems with soap use:

Soap left near hand washing facilities often goes missing. It is too valuable a resource to leave around, yet it needs to be available wherever hand washing takes place, in the home or in public places such as schools. Soap on a rope is often the best option.

A household bar soap can be used on the hands. A special type of soap for washing hands is pleasant but not essential. If soap isn't available, then ashes or an abrasive agent such as sand can help cleanse hands.

Discuss ways your community could improve local, affordable soap supplies.

Independently or in groups, design a poster to encourage other children in the school to wash their hands properly. For examples, see

<https://www.holytrinitynorthwood.org/website/handwashing/452465>

Send pictures of posters to link schools. Share with other local schools and the local community.

**Plenary**

Say the Hand wash prayer:

Hand wash prayer

Our dear heavenly Father thank you so much for the privilege of having toilets and being able to wash our hands; please help us to show friendship to everyone by keeping our hands clean to protect each other from germs. Please help us all to keep the toilets clean and tidy thereby showing respect for each other, for the teachers and all the adults who kindly provide us with soap, water and a clean school.

Thank you Lord, in the name of Jesus, Amen

**Evaluation**